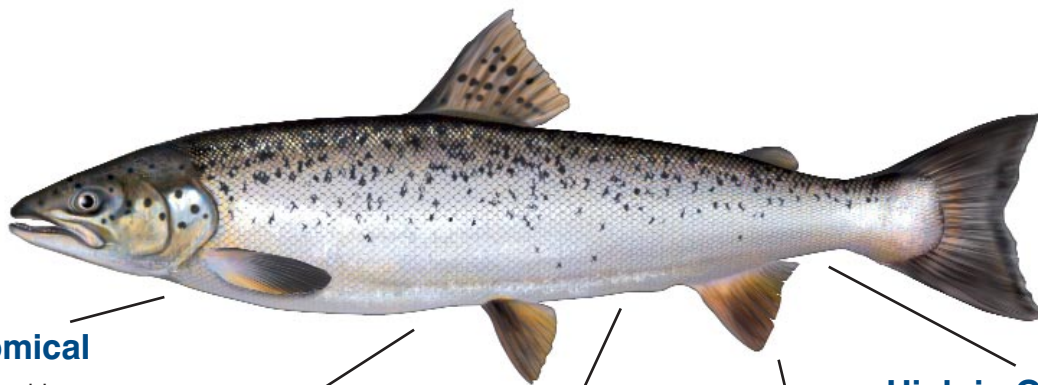


# Why We Sell Farm-Raised Salmon (and are proud of it)

First and foremost, farm-raised salmon is the best source of omega-3 fatty acids you can buy. Consumption of omega-3 fatty acids is linked to dramatic reductions in coronary heart disease (the number one cause of death in the U.S.) and has numerous other health benefits. Wild salmon also contain omega-3 fatty acids, but generally not quite as much. Both wild and farm-raised salmon are tasty, nutritious foods.

Unfortunately, some groups with their own agendas and without concern for the facts about food safety, nutrition or your health, have pitted farm-raised salmon against their wild cousins. We think this is bad for our customers. Choose the salmon you like and eat it with confidence and in good health.



## Economical

Farm-raised is economical and available fresh year round.

## Color

The pink color of farm-raised salmon comes from nature-identical compounds included in the feed. The same compounds are in the flesh of wild salmon and trout.

## Low in Saturated Fat

Both wild and farm-raised salmon are low in saturated fat, for a healthy meal.

## High in Omega-3 Fatty Acids

No other readily available food source has more than farm-raised salmon.

## 1/100 of the FDA Tolerance for PCBs

A host of independent scientists agree that farm-raised salmon is a safe food and that you should continue to enjoy it regularly.

For more information, visit [www.salmonoftheamericas.com](http://www.salmonoftheamericas.com)