

Farmed Seafood

Myths vs. Reality

Myth #1

Aquaculture uses more fish than it produces.

Reality

Vegetable proteins and oils can replace from one-third to one-half of the fishmeal in feeds for many farmed species, reducing the need for wild-caught fish for fishmeal. Using plant-based ingredients like soy can also help the industry meet the increasing demand for healthy, sustainable protein.

Myth #2

Farmed fish are fed animal feces.

Reality

The diets of farmed fish are carefully monitored to ensure the fish produced are safe and healthy to consume. The BAP program has a feed mill standard to ensure responsibly sourced ingredients are used in feed. Remember to look for the label with the three fish!

Myth #3

Farmed salmon is full of harmful "color added dyes".

Reality

Salmon get their pink coloring by consuming food, often krill and other shellfish, that contain pigments called carotenoids. Farmed salmon's feed is supplemented with carotenoids like natural and/or synthetic astaxanthin, so they are getting the same carotenoids they would find in the wild.

Myth #4

Farmed salmon has less omega-3 fatty acids than wild salmon.

Reality

Both farm-raised salmon and wild salmon have been shown to provide similar amounts of omega-3s per serving. In fact, in a study conducted by Purdue University that measured fatty acids in 76 fish species, farmed fish tended to have higher levels of omega-3s. (1)

Myth #5

Aquaculture is a new phenomenon.

Reality

Aquaculture has a long history dating as far back as 2500 B.C.! Both the Egyptians and Romans are believed to have cultured fish, and the Chinese raised carp circa 2000 B.C. (2)

Myth #6

Farmed fish is full of antibiotics.

Reality

With the success of vaccines, antibiotics are rarely used. Other diseases can simply be prevented by following good management practices, which are included as part of the animal health and welfare component of BAP's standards. BAP standards also prohibit the use of any banned antibiotics and heightened testing is required when they are detected.

Myth #7

Fish are farmed in dirty water and crowded conditions.

Reality

Fish naturally live in schools or shoals, even when there is a lot of open space. It is also worth noting murky water is not always dirty, and actually is normal and healthy for fish that prefer shallow, tropical habitats. Water quality is also a component of BAP standards.

Myth #8

Disease and parasite outbreaks can spread rapidly.

Reality

Fisheries are monitored closely to prevent this from happening, and BAP's standards help to prevent the spread of disease through policies on animal health and welfare. Farmers track the health of their fish and take immediate action to prevent illness from spreading.

Myth #9

Farmed seafood from China is not safe or healthy to eat.

Reality

China is actually the birthplace of fish farming, and there are many BAP-certified facilities in China that are producing aquaculture responsibly. Learn more about the people behind responsibly farmed seafood in China [here](#).

Myth #10

Tilapia is unhealthier than bacon.

Reality

These claims are not supported by scientific evidence and were created when a 2008 Wake Forest University study was taken out of context. Tilapia and catfish are examples of lower-fat fish that have fewer omega-3s, but still provide more heart-healthy nutrients than other proteins like beef, pork or chicken. Eating fish, especially oily fish, at least twice per week is recommended by the American Heart Association.