

## Salmon Student Fact Sheet



### Salmon

New Zealand is the largest producer of farmed King or Chinook Salmon in the world. A number of salmon species were introduced to New Zealand in the early 1900s as sport-fish.

Farming of King Salmon began in the 1980's when eggs were made available from the angling society.

There are now hatcheries in Golden Bay and Canterbury.

Most farm-raised King Salmon are grown in sea-cages in Marlborough, Canterbury and Southland with smaller freshwater farms in the hydro-electric raceways in South Canterbury

The low stocking densities used and the lack of a wild population means New Zealand farmers do not need the antibiotics and therapeutants (drugs to control or cure an infection) that are often used in salmon farms internationally.

King Salmon is a great source of Omega-3 fatty acids, as well as many essential minerals which are required for good nutrition and optimal health. King Salmon has also shown to be of potential benefit in improving bone health, the functioning of the immune system, heart health, overall nutrition, brain development and assisting in the prevention of major diseases such as cancer and diabetes.

King Salmon has the highest natural oil content of all salmon varieties – making it a rich source of healthy long-chain Omega-3s (see below) In this instance, King Salmon has been shown to contain more than 2000mg per 100 gram serving. To optimise diets for lowering chronic disease risk, it is recommended that women require at least 430mg and men 610mg per day ([www.omega-3centre.com](http://www.omega-3centre.com)).

*There are several types of omega-3 fatty acids and they're not all equal. It's the long-chain omega-3s, EPA and DHA, that the fuss is about, and these are the ones found mostly in oily fish. They have anti-inflammatory properties (good for achy joints) and the overwhelming evidence is that they help reduce the risk of heart disease. The long-chain fatty acids also help the development of brain tissue, nerve growth and the retina of the eye in unborn babies.*