Freshwater Institute: By The Numbers

- **Salmon** is the most traded seafood in the world (outpacing tuna and shrimp)

- **Value** - One 10-pound farmed salmon is now worth more than one 300 pound barrel of crude oil.

- **Essential Nutrition** – Farmed salmon and trout contain approximately 100-times the concentration of heart and brain healthy EPA and DHA omega-3 fatty acids than found in the same serving size of grass-fed beef and can have 2-10 times more omega-3 fatty acids than tuna, snapper, cod, mahi-mahi, and farmed tilapia and catfish.

  EPA and DHA are essential nutrients particularly for heart and brain function! DHA is a building block of tissue in the brain and retina of the eye. It helps with forming neural transmitters. EPA and DHA are converted into hormone-like substances called prostaglandins, and they regulate cell activity and healthy cardiovascular function. Lack of omega 3 fatty acids in the blood causes an estimated 83,000 deaths in the US annually, just behind deaths attributed to high cholesterol and alcohol use.

- **Aquaculture** today provides 50% of global seafood production

- **Salmon can be farmed on land in closed-containment systems**. With these innovative fish production systems, we can produce fish using much less water, meeting point-source effluent discharge regulations, and reclaiming the nutrients that would normally be wasted.

    - One acre of RAS (Recirculating Aquaculture Systems) facility produces as many fish as over 100 acres of ponds
    - RAS typically use less than 1% of the flow typically used to raise trout and salmon

- **Seafood Trade Deficit** - The over $10 billion dollar annual U.S. seafood trade deficits are in sharp contrast to the enormous and record trade surpluses that U.S. farmers produce in terrestrial agriculture.

- Our farmers produce approximately 38 million MT live weight of cattle, hog, and poultry annually. United States fish farmers produce less than 1% of the total annual domestic production of terrestrial livestock. This indicates that the United States has the technical capacity to lead the world in food production sectors, but is missing domestic fish production. We must improve our fish production systems to improve our food-security, reduce our trade deficit, and create jobs in both rural and urban communities.