

Regarding fish feed in Norwegian farmed salmon

The Norwegian Seafood Council would like to refer to The National Institute of Nutrition and Seafood Research's (NIFES) articles regarding fish feed in Norwegian farmed salmon.

Background

Over the last years, there has been a reduction in the usage of marine omega-3 in the production of fish feed. This is mostly due to an overall growth in the fish farming industry globally, which has forced the industry to find new sources of omega 3 for fish feed-production purposes. This is why there has been an increase in the usage of plant omega-3 and it is not driven by any specific standard.

Marine omega-3 in fish feed

More use of plant ingredients in farmed salmon feed has led to a 50 percent reduction in marine omega-3 in salmon over the past ten years. Farmed salmon is, nonetheless, a good source of marine omega-3 fatty acids.

Salmon itself produces marine omega-3

The content of marine omega-3 fatty acids decreases when salmon are fed with vegetable ingredients. However, salmon is still a very good source of marine omega-3 in our diet. Farmed salmon today contain enough marine omega-3 that one portion of salmon covers one week's recommended intake for healthy people.

Farmed salmon that are fed low levels of marine omega-3 through their diet compensate by producing it themselves from plant omega-3 from vegetable oils.

When plant omega-3 fatty acids are added to the feed, the salmon produce marine omega-3 themselves, and this system is more effective when the salmon are fed low levels of marine omega-3.

We know that salmon have a minimum requirement for marine omega-3, but we still don't know how little is enough to ensure that the salmon are healthy, grow well and have good fish welfare.

Sources and articles :

<http://nifes.no/en/research-topics/aqua-culture/fish-feed/plan-ingredients-fish-feed/>

<http://nifes.no/en/naringsstoff/omega-3-fatty-acids/>

