

## The Sensible Environmentalist

(NAPS)—**DEAR DR. MOORE:**  
**There's been a lot of controversy over farmed salmon. Is it safe to eat?**

Not only is it safe, it's healthy.

Some environmental groups are using a recent study of PCBs in salmon to support their general position against fish farming. The problem is, they've completely disregarded the conclusions of the study's authors—that levels of PCBs in farmed salmon are well within the safety guidelines set by the U.S. Food and Drug Administration.

To give you an example, the U.S. FDA has set PCB safety levels at 2000 parts per billion (ppb). Meanwhile, the numbers in the study ranged from just one to three percent of that amount.

It is unfortunate that our food contains trace amounts of PCBs, but they're found in farmed salmon for the same reason they're found in wild salmon, beef, chicken, milk and many other foods: they've accumulated in small amounts in the food chain. In fact, the levels of PCBs in our food have been reduced by 90 percent over the past 30 years due to pollution control and cleaner industrial processes.



Dr. Moore

The tragedy in all this is that consumers are being frightened away from one of the healthiest food choices they can make. Farmed salmon is rich in Omega-3 fatty acids, which are proven to help prevent heart disease and may reduce the risk of Alzheimer's. If people eat less farmed salmon, there is a very real concern that they will not get sufficient amounts of this important nutrient.

The good news is that, while certain groups continue to spread false claims, clear statements of support have been issued by the National Cancer Institute, the National Academy of Sciences, the American Council on Science and Health, the American Heart Association, the World Health Organization and the National Fisheries Institute.

Consumers can't be expected to analyze every study that comes along. But I believe that a sensible environmentalist would look at the facts of this case and continue to include farmed salmon as part of a healthy diet.

*Dr. Patrick Moore has been a leader of the environmental movement for more than 30 years. A co-founder of Greenpeace, he holds a PhD in ecology and a BSc in forest biology. Questions can be sent to [Patrick@SensibleEnvironmental.com](mailto:Patrick@SensibleEnvironmental.com).*