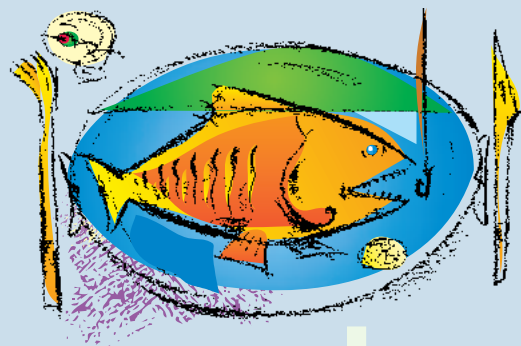


## Farmed salmon and trout

A recent study in Québec showed that farmed salmon and rainbow trout have as much Omega-3 fatty acids as wild salmonides, if not more. Furthermore, the levels of contaminants (mercury, PCBs, dioxins and furans) are generally similar to, or lower than, those in wild species, and are well below Canadian marketing standards.



## Vulnerable people

Special precautions to avoid chemical contamination are recommended for young children, women who plan to become pregnant, and pregnant and nursing women.

They are advised to very simply avoid frequent consumption of wild species most likely to be contaminated, such as walleye, northern pike, lake trout, largemouth bass and muskellunge (fish-eating fish). Rather, they should eat marine and fresh-water species corresponding to the "no restriction" rule. However, fresh tuna, shark and swordfish should be eaten only once a month.



# Fish is really good for your health because it contains Omega-3s

Heard of  
Omega-3s?



### Guides to consult

To find out in more detail the levels of contamination of the fish at a given fishing site and the how often the fish should be eaten, you can consult the **Guide de consommation du poisson de pêche sportive en eau douce** of the ministère du Développement durable, de l'Environnement et des Parcs. It is available at the following Internet address:

[www.mddep.gouv.qc.ca/eau/guide](http://www.mddep.gouv.qc.ca/eau/guide)

As regards fish from the St. Lawrence, particularly commercial species, see the St. Lawrence Food Guide at the following Internet address:

[www.slv2000.qc.ca/bibliotheque/centre\\_docum/phase3/guide\\_alimentaire/accueil\\_a.asp](http://www.slv2000.qc.ca/bibliotheque/centre_docum/phase3/guide_alimentaire/accueil_a.asp)

# Omega-3

*Fish,  
the Environment  
and Health*

For more information :

[www.msss.gouv.qc.ca/sujets/santepub/environnement/index.php?poissons](http://www.msss.gouv.qc.ca/sujets/santepub/environnement/index.php?poissons)

Québec 

• Ministère de la Santé et des Services sociaux  
• Ministère du Développement durable, de l'Environnement et des Parcs

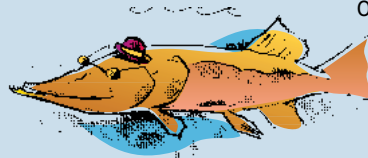
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Québec 

# nutritious

## Fish is good for your health

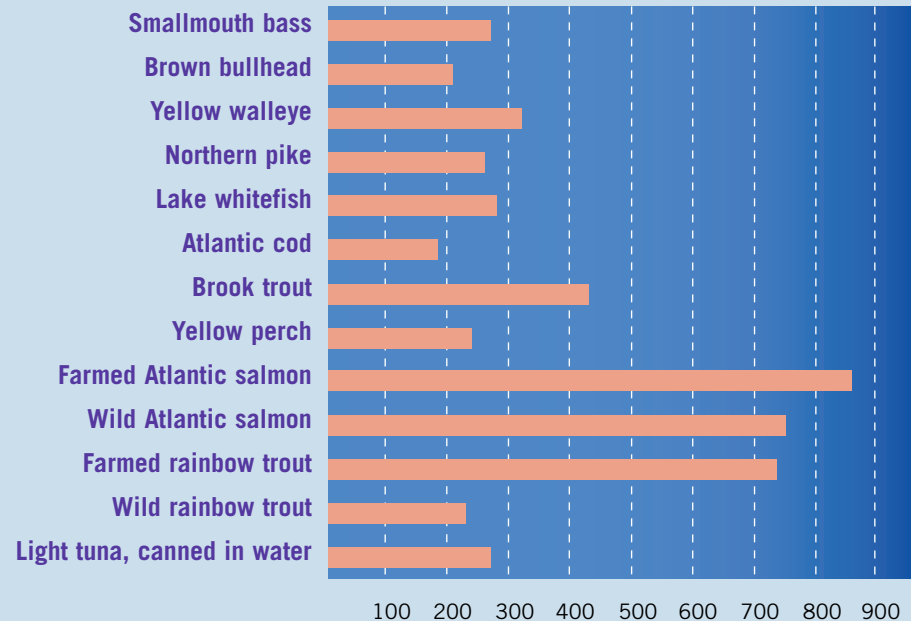
*An excellent food*, fish is a very good source of protein, vitamins and minerals. It is generally low in saturated fat and cholesterol. In contrast to meat, fish is rich in Omega-3-type polyunsaturated fatty acids, which are beneficial to your health.



A number of studies have shown that the consumption of fish protects against cardiovascular diseases, an effect said to be attributable to the Omega-3 fatty acids in the flesh of fish. Omega-3 fatty acids also have anti-inflammatory properties and are essential to a healthy pregnancy, and development of the brain and the retina of the eye. They are also said to protect against certain types of cancer and disorders of the nervous system.

For a balanced diet, nutritional scientists recommend the consumption of two or three meals of fish a week or a daily intake of 500 mg of Omega-3 fatty acids.

Omega-3 fatty acid content (mg/100 g of raw flesh)



## Fish and pollution

Most fish species in Québec can be eaten without danger.

Mercury, which may be natural or industrial in origin, is the main contaminant in certain fish species.

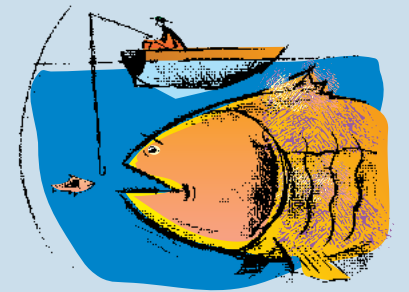
Pollution control efforts in recent decades have improved the quality of the aquatic environment, particularly the St. Lawrence River. Therefore, the levels of mercury and polychlorinated biphenyls (PCBs) have decreased significantly in the flesh of St. Lawrence fish.

Predator or fish-eating fish such as walleye, northern pike, lake trout, largemouth bass and muskellunge are more likely to accumulate contaminants such as mercury because of their higher position in the food chain. However, contamination is lower among younger specimens than older or larger fish. These fish are still good to eat, but should be consumed less frequently, according to the rules in the table below.

## Fishing trips

If you eat fish only occasionally, during a fishing trip for example, the risk of accumulating contaminants is so low that there is no recommended restriction on the quantity you can eat. The fish consumption rules therefore only apply to habitual and frequent consumption of fish.

Fish may sometimes contain parasites, but most parasites are not harmful and all are destroyed in cooking. Physical abnormalities in fish are not necessarily an indication of degradation of the natural environment.



### FISH CONSUMPTION RULES

- **2 meals\* a month:** Walleye, northern pike, largemouth bass, muskellunge, lake trout (salmon trout)
- **4 meals a month:** Brown bullhead, panfish, sturgeon, monk fish, chub, yellow perch, tuna, swordfish, shark
- **No restriction:**  
 Fresh-water fish: lake whitefish, brook trout, other trout .  
 Anadromous species: rainbow smelt, Atlantic salmon, Atlantic tomcod, American shad.  
 Marine species: cod, halibut, yellowtail flounder, plaice, canned light tuna ...  
 Farmed fish: salmon, trout.

The rules apply to frequent and regular consumption of the fish species. They are valid in most cases, except if regional public health authorities have issued a notice to the contrary.

\* A meal of fish consists of serving of 230 g (8 ounces) of fish before cooking