

FISH

(plus shrimp)

Salmon



191 cals
24g protein
10g fat

Halibut



125 cals
24g protein
2.6g fat

Ahi Tuna



122 cals
26g protein
1g fat

Cod



93 cals
20g protein
<1g fat

Shrimp



120 cals
23g protein
2g fat

@MeowMeix

(Nutrition facts per 4 oz.)

Healthiest fish for your health and the Earth.

Quick tips

Even if wild-caught, larger older fish are more likely to carry contaminants. They are exposed to the toxins every fish they eat has ever been exposed to as well as what flushes through their systems in the water. Stay safe by making the healthiest choices.



Eat fish lower in the food chain. They are high in nutrients and are usually very low in contaminants & mercury.

Fish farming is banned in Alaska.

ALL FISH FROM ALASKA IS WILD CAUGHT

Safe choices

KindaEasyRecipes.com



Mollusks Sardines Anchovies Squid Sockeye Salmon



These safe choices are also a few of the most concentrated sources of Omega 3, EPA, & DHA on the planet! They do not concentrate heavy metals and promote a lifetime of optimal:

Brain & Heart Health

WHICH IS BEST? FARMED VS WILD

HUMAN IMPACT

Fish farming **boosts employment** as a source of livelihood for millions of people worldwide. It provides a **replenishable source of affordable food**.



Wild-caught fish can be **harder to find** and therefore **more expensive**.

ENVIRONMENTAL IMPACT

32% of the global fish population is depleted. Fish farming can **alleviate overfishing** while allowing populations to bounce back.



Overfishing is a major cause of **diminished fish populations**. They aren't treated with chemicals, pesticides, and antibiotics, and they are **less likely to spread disease**.

Chemicals and antibiotics used in fish farming can leach into the environment, causing **habitat destruction, ecosystem damage**, and other **environmental hazards**.

NUTRITIONAL VALUE

Farmed fish are have a **lower nutritive value**. Because they live in close quarters they are **more likely to spread disease**.



Wild-caught fish have a **higher nutritive value**, are richer in Omega-3 Fats and Vitamin D, and are lower in saturated fat. They may be **exposed to more toxins** as their environment cannot be controlled.