

# THE FACTS

Responsibly farmed salmon is a healthy future. Healthy for you and healthy for the planet. For us, this comes with a commitment to transparency and an openness to ensure that you get the facts.

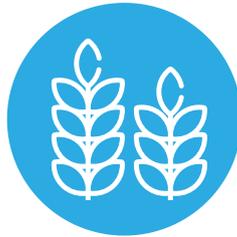
## HEALTHY FOR YOU, HEALTHY FOR THE PLANET

By eating Tassie salmon, you're eating one of the healthiest and most efficient foods on the planet and supporting your local community at the same time.

We know there are questions about farmed salmon and our footprint. This is where our commitment to transparency can help bust myths and opinions about Tasmanian farmed salmon.



**Requires less fresh water**



**Uses fewer crops and less land (even if we substantially increase aquaculture)**



**Has a lower carbon footprint than other protein (chicken, pork, beef)**

Farmed Atlantic salmon is a healthy source of protein and Omega-3, with a low environmental impact and one of the lowest greenhouse gas profiles of all animal protein sources, offering an eco-friendly alternative to meat.

A 100g portion of Atlantic salmon provides 159% of your recommended Omega-3 daily intake\*, which supports a healthy heart and energy production. The same 100g of salmon also provides 42% of your daily protein intake\*\*, which is important to maintain muscle growth and bone health.

With only 5% of oceans currently being used for food production, there is an opportunity for oceans to contribute to filling the protein gap—particularly as land sources are under pressure from a changing climate.

When it comes to our feed profiles, did you know, it takes only 0.7kg of wild fish to get 1kg of growth of farmed salmon, meaning we are a net marine protein producer.

For us, transparency also involves publicly disclosing what our footprint is, so check out:

- [Tassal's annual Sustainability Report](#)
- [Tassal's Sustainability Dashboard](#)
- [The Tasmanian Government's Salmon Portal](#)
- [The Global Salmon Initiative \(GSI\) annual Sustainability Report](#)
- [The Global Salmon Initiative \(GSI\) climate change](#)

### References:

\* Based on the National Heart Foundation of Australia's recommended adult consumption.

\*\* Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs.