Why Fish?    Why From A Farm?

Some thoughts about the quantity and quality of our food

Scott Nichols
Where Will Our Food Come From?
~9 Billion

~9.8 Billion
GDP growth >5%
WWF–Double

FAO–1.7x
2 Billion people are coming to dinner

We don’t know what we’re serving
How about fish?
2008 80%
2010 82%
2012 87%
2014 90%
2016 90%
2018 93%
Increased fish consumption won’t come from wild capture
Farming?

Available to farm 3%

0.015% = current production

Not 3%. Just 0.09%

→ 60 kg/person
A few examples of farms

Fed fish

Unfed fish
Carnivorous marine fish
Omnivorous fresh water fish
Tilapia
Tilapia Raceway
Whiteleg Shrimp

Main producer countries of Penaeus vannamei (FAO Fishery Statistics, 2006)
Shrimp Adjacent to Mangrove - 2 Ways

Thailand

Devan Meserve
Shrimp Pond-Belize
Non-Fed Aquaculture
Oyster Production

Main producer countries of Crassostrea gigas (FAO Fishery Statistics, 2006)
Oysters
Oysters
Oysters
one or two servings of fatty fish a week, reduces the chances of dying from heart disease by more than one-third.

The American Heart Association recommends eating fish (particularly fatty fish) at least two times (two servings) a week.

ADA and DC recommend a food-based approach for achieving these fatty acid recommendations, that is, a dietary pattern high in fruits and vegetables, whole grains, legumes, nuts and seeds, lean protein (ie, lean meats, poultry, and low-fat dairy products), fish (especially fatty fish high in n-3 fatty acids).

In addition, seafood is a superior source of various nutrients, such as protein, amino acids, fiber, vitamins, and minerals.

Although no single food alone can make a person healthy, eating more seafood is one way that most of us can help improve our diets—and our health.

Alaska health officials recommend that everyone eat fish at least twice a week to obtain important health benefits.

Eating fish once or twice a week may also reduce the risk of stroke, depression, Alzheimer’s disease, and other chronic conditions.

Numerous studies have proved that some of the best sources of excellent fats, protein, vitamins, and minerals that promote health can be found in seafood.

The 2015-2020 Dietary Guidelines for Americans recommends that adults consume at least 8 ounces of seafood per week.

But new to the 2010 version is the specific recommendation to “increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.”
Heart disease-36%

Overall- 17%
Slope = 0.0005
Per capita consumption of fish in U.S.
Thanks very much for coming today

We set time aside for questions later