

25 Reasons to Boycott Scottish Salmon



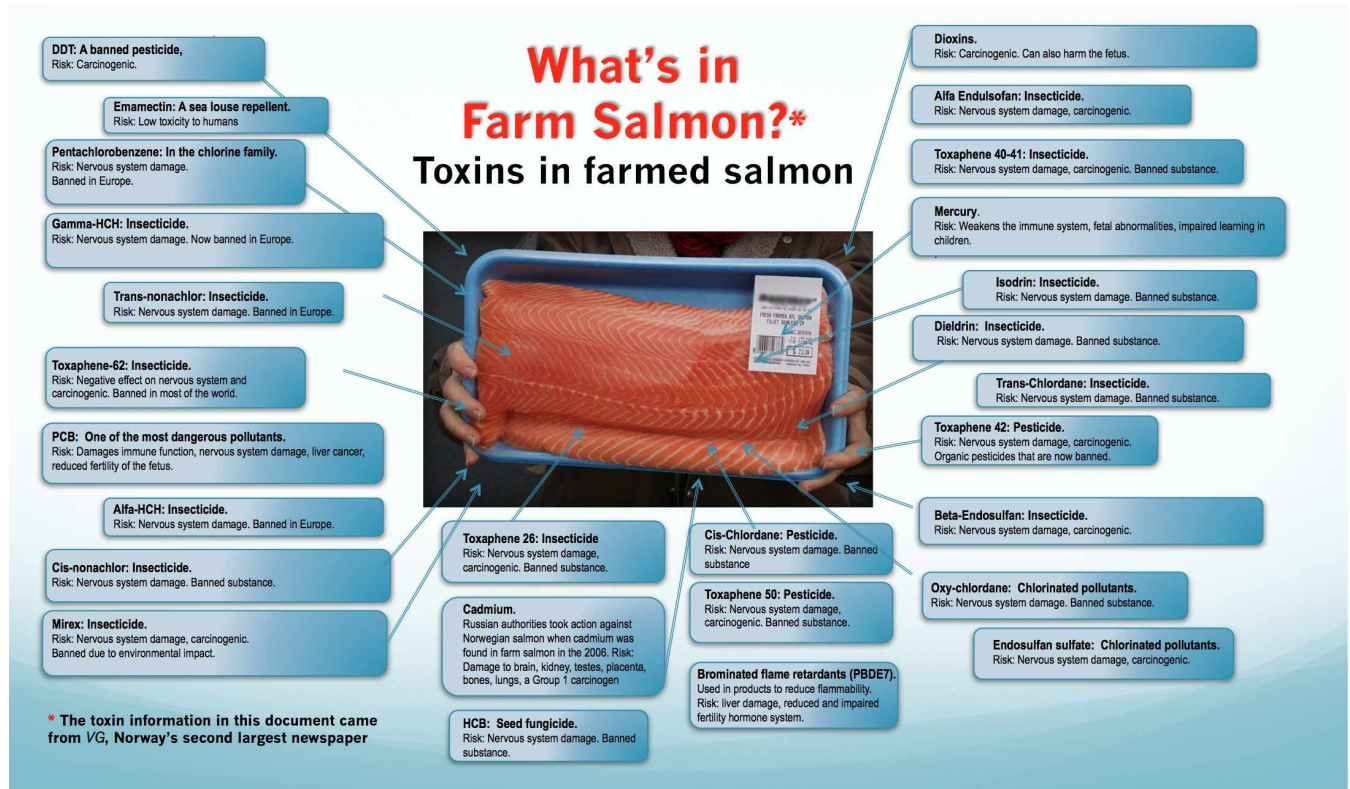
Read more via ["Celebrate" 25 years of "international success of Scottish salmon"?!](#)

1) **Farmed & Dangerous:** 99.9% of Scottish salmon on sale in supermarkets - fresh, smoked and frozen - is farmed in floating factory cages in the sea not caught in the wild. Far from being a healthy food, farmed salmon is [bad for the health of the environment](#) and [bad for our children's health](#).



Read more via "[Farmed & Dangerous Salmon the Most Contaminated Food on the Supermarket Shelf](#)"; "[Bad For Our Oceans: Why Salmon Farms Must Go](#)" and "[Five Fundamental Flaws of Sea Cage Salmon Farming](#)"

2) **Cancer-causing Chemicals:** [Scientists have reported](#) dangerous levels of cancer-causing chemicals such as PCBs, DDT, Dieldrin, Chlordane and Dioxins in farmed salmon. "Consumption of farmed salmon at relatively low frequencies results in elevated exposure to dioxins and dioxin-like compounds with commensurate elevation in estimates of health risk," [reported scientists](#) in 2005.



"Farmed Atlantic salmon from Scotland contains the highest levels of cancer-causing chemicals in the world, a new survey has found," reported [The Daily Telegraph](#) in 2004 following the publication of a damning paper in [Science magazine](#). "It was so contaminated that, according to American guidelines, it should be eaten only once every four months. Otherwise, it will increase the risk of cancer by at least one case in 100,000, say scientists".



Read more via ["First Global Study Reveals Health Risks of Widely Eaten Farm Raised Salmon"](#) and ["Benefits of Eating Farmed Salmon Called into Question in New Study"](#)

3) **Fatty:** "Farmed smoked salmon has three times as much fat as wild fish and is fatter than pizza, research shows," [reported the Daily Telegraph](#) in 2014. In 2011, [food scientists reported](#) that farmed salmon consumption "contributes to several metabolic disorders linked to type 2 diabetes and obesity".



Next time you're in a supermarket look out for the lines of white fat (that's where all the cancer-causing contaminants bio-accumulate) and read the label for % fat content (it could be as high as 15%).

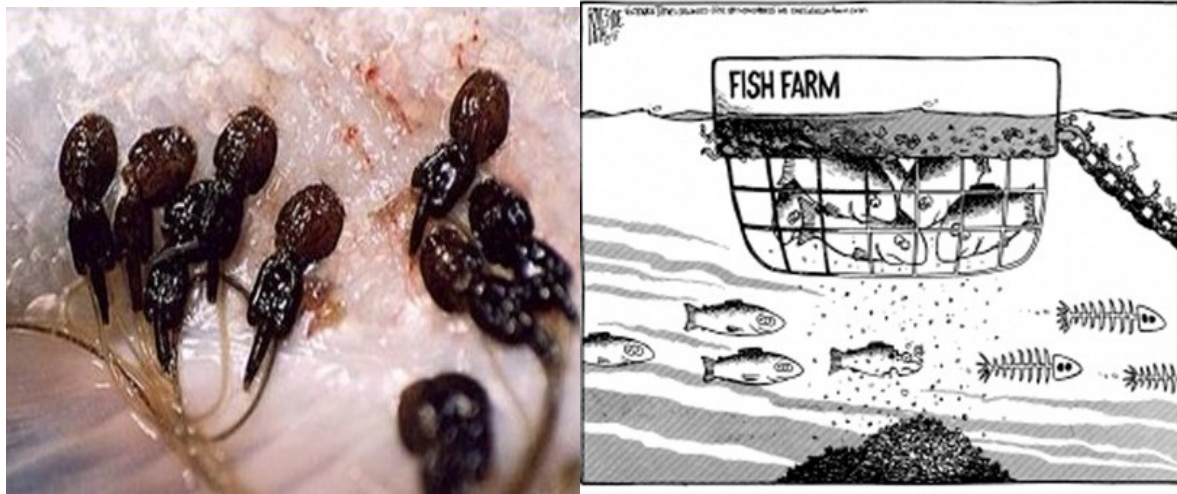
Read more via "[Farmed salmon has 'more fat than pizza'](#)" and "[Healthy fats in farmed salmon have HALVED](#)"

4) **Toxic:** In June 2013, [a Norwegian pediatrician warned](#) that women should avoid farmed salmon if they want healthy babies, because farmed salmon is so [high in PCBs and dioxins](#). "Don't Give Salmon To Children" [warned the front page of the Norwegian newspaper VG](#).



Read more via "[A Threat to Your Child's Health](#)" and "[Norwegian Scientists Warn against Eating Farmed Salmon](#)".

5) **Lice:** [Scientific research has shown](#) that salmon farms act as a reservoirs and incubators for flesh-eating parasites called sea lice. Scientists have [reported](#) how sea lice from salmon farms are killing [wild salmon and sea trout](#).



"Wild trout 'eaten alive by sea lice from fish farms'," [reported The Times newspaper in 2013](#). Data published by the Scottish Salmon Producers Organisation in 2016 [showed that lice levels were rising across Scotland](#) and breaching the industry's own Code of Practice.



Read more via "[A Global Assessment of Salmon Aquaculture Impacts on Wild Salmonids](#)"; "[Declining Wild Salmon Populations in Relation to Parasites from Farm Salmon](#)" and "[Effects of salmon lice Lepeophtheirus salmonis on wild sea trout Salmo trutta – a literature review](#)"

6) **Dead Seals:** Salmon farmers in Scotland have [killed around 700 seals](#) since official Government statistics were [first published in 2011](#) - including [241 seals killed in 2011](#). In 2016, the United States [published new rules](#) prohibiting imports of salmon from farms where seals (and other maine mammals) were killed. If you buy Scottish salmon you have the [blood of hundreds of seals on your hands!](#)



Read more via "[The Killing Farms](#)"; "[Stop shooting seals for salmon meals](#)" and "[Scotland's 'trigger-happy' salmon farmers risk losing £200m US export market](#)".

7) **Artificial Colourings:** Avoid [farmed salmon with a fake tan](#) - they're fed on feed containing artificial colourings such as Canthaxanthin (E161g) and Astaxanthin. Salmon farmers even use a '[SalmoFan](#)' colour chart to dye farmed salmon a deeper red colour (consumers pay more for redder salmon) - rather like the colour charts you use to pick the colour of the paint on your toilet wall.



"Its orangey-pinkish flesh glistens from countless supermarket shelves across the country but the highly prized salmon is about to undergo a chameleon-like change of colour - due to a new European Union food safety edict," [reported The Guardian in 2003](#). "Concerned that the chemical being fed to farmed salmon to give them their bright hue may also be harming people's eyesight, the maximum amount of artificial colouring allowed in the fish by the EU is to be slashed by a factor of three. "Brighter eyesight or brighter salmon?" was how the European commission described the stark choice."

You can put lipstick on a salmon



but it's still a farmed salmon

Read more via "[Ugly in Pink: Cosmetically Challenged Farmed Salmon](#)" and "[Silent Spring of the Sea](#)"

8) Greed of Feed: Salmon farms are draining the world's oceans of wild fish as a fuel supply for farmed salmon - so-called '[tigers of the sea](#)'. By expanding salmon farming we're literally stealing precious fish protein out of the mouths of hungry people in Africa and Latin America - we're '[robbing Pedro to pay Paul](#)' as Dr. Daniel Pauly puts it. Far from being a panacea for the world's food problem, salmon [farming is contributing to food insecurity](#) and [global hunger](#).



Read more via "[Farming Salmon is Stealing Food from Poor People & Our Oceans](#)"; "[90 percent of fish used for fishmeal are prime fish](#)" and "[Five Fundamental Flaws of Sea Cage Salmon Farming](#)"

9) **Welfare Nightmare:** Cramming a migratory species like the Atlantic salmon - the 'King of Fish' - in factory cages is cruel and causes pain and stress on farmed fish. Overcrowding in cages - [Compassion In World Farming](#) calculated that each farmed salmon has the [equivalent of a bath-tub of water](#) to swim around in - can lead to fin damage and infectious diseases can cause 'death crowns' where sea lice eat into the flesh of farmed salmon.



Read more via "[Scottish intensive salmon farming plumbs new depths](#)"; "[In too deep: the welfare of intensively farmed fish](#)" and "[Scottish salmon farms pour chemicals on parasites](#)".

10) **Thermoliced to Death:** Faced with growing chemical resistance in sea lice, salmon farmers have started using mechanical devices such as the [Thermolicer](#) which uses heated water to de-lice farmed salmon. Unfortunately, an estimated half a million farmed salmon have died in Norway and Scotland due to [mass mortalities following Thermolicing](#). Compassion In World Farming [have called for a ban due to fish welfare concerns](#).



Read more via "[Fish farm firm kills 175,000 salmon by accident](#)" and "[Thousands of fish poached alive in lice treatment bungle that could hit Christmas salmon prices](#)"

11) **Diseases:** Scottish salmon farms are [riddled with infectious diseases](#) such as [Amoebic Gill Disease](#), [Proliferative Gill Inflammation](#), [Chlamydia](#), [Furunculosis](#), [Infectious Pancreatic Necrosis](#), [Pancreas Disease](#) and [sea lice](#). Cramming tens of thousands of farmed salmon in factory cages is a recipe for disease disaster that also included [outbreaks of the deadly Infectious Salmon Anaemia in 1998-9 and 2008-9](#).



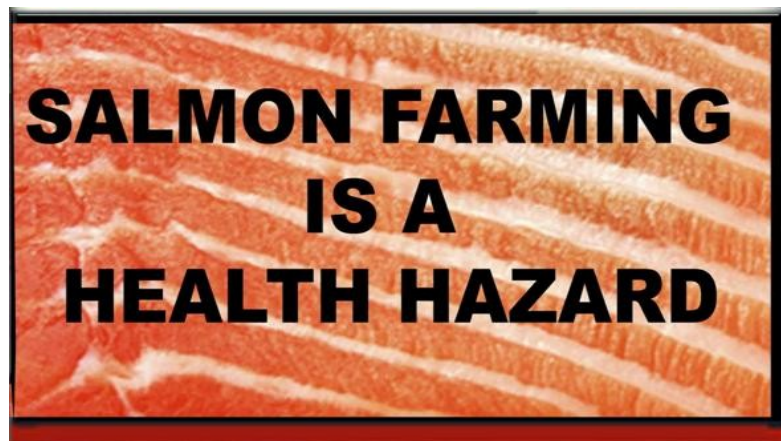
Read more via "[Gill Diseases: Scottish Salmon's Dirty Big Secret](#)" and "[Fish Farmageddon: the Infectious Salmon Aquacalypse](#)".

12) **Antibiotics:** Antibiotic use on Scottish salmon farms ([according to data disclosed by the Scottish Environment Protection Agency](#)) peaked at over 5,500 kilograms in 2006 but still stood at over 1,500 kilograms in 2014. The cocktail of drugs used at over 130 salmon farms between 2002 and 2015 included Oxytetracycline, Florfenicol, Amoxycillin, Fenbendazole, Oxolinic acid and Sarafloxacin hydrochloride.



Read more via "[Antibiotic-ridden Scottish salmon](#)" and "[Fish 'hooked on chemicals'](#)"

13) Listeria: "Almost a fifth of smoked salmon samples bought from supermarkets and food suppliers last week contained traces of the bug, dealing another damaging blow to the industry," [reported The Sunday Times in 2004](#). "The level of contamination was high enough to mean that the fish would be banned from America, Australia and New Zealand as well as a number of European countries, all of which have a “zero tolerance” of food contaminated with listeria. America has already blocked dozens of consignments of Scottish smoked salmon amid fears that they may be contaminated with listeria."



In 2013, [The Sunday Times reported](#): "Loch Duart, the award-winning salmon farming company, is at the centre of a health scare amid concern packets of food contaminated with a potentially lethal bug have been sold to consumers. In the past five weeks, the Food Standards Agency (FSA) has issued four separate alerts of listeria contamination in smoked salmon produced by the firm, which is feted by celebrity chefs such as Rick Stein and Raymond Blanc."

Testing by the Food Standards Agency in 2016 [detected listeria contamination in salmon](#) on sale in Scotland, England and Wales. Further details will be published soon.

Read more via "[Listeria contamination in farmed salmon](#)"; "[Listeria found in smoked salmon](#)" and "[Listeria alert at top salmon firm](#)"

14) "Filthy" and "Insanitary": "Salmon from Scottish fish farms have been banned from entering the United States because they are “filthy”, “insanitary” or contaminated with a bug that can cause fatal infections," [reported The Sunday Herald in 2003](#). "The powerful US government watchdog, the Food and Drug Administration, has this year condemned 27 imports of smoked salmon from leading Scottish companies as unfit for human consumption."

"A Scottish fish farming plant, whose workers complained of a mystery illness, had been reprimanded by the US Food and Drug Administration (FDA) for "serious violations" of food safety rules on pesticides in salmon," [reported The Sunday Herald in 2012](#).

In 2008, the FDA issued an "[Enforcement Report](#)" and recall for Marine Harvest Scotland's farmed salmon due to contamination with petroleum:

FDA U.S. Food and Drug Administration
Protecting and Promoting *Your* Health

Enforcement Report for March 12, 2008
RECALLS AND FIELD CORRECTIONS: FOODS - CLASS III

PRODUCT
Marine Harvest of Scotland, Scottish Atlantic Fresh Salmon Guttled Head On, Various Weights, Recall # F-220-8

CODE
Lots between the dates shipped on or about February 7 to February 12, 2008.
Lot numbers: 89379 89380 89382 89383 89385 89386 89397 89398 89399 89400 89430 89431 89432 89433

RECALLING FIRM/MANUFACTURER
Recalling Firm: Lewis Mills & Co. LLC, Gloucester, MA, by fax on February 22, 2008.
Manufacturer: Marine Harvest (Scotland) Ltd, Ratho Station, Newbridge, UK. Firm initiated recall is complete.

REASON
Product is contaminated with petroleum resulting in off odor and off taste.

VOLUME OF PRODUCT IN COMMERCE
97, 587 lbs

DISTRIBUTION
Nationwide

"Marine Harvest Scotland (Ltd), the fish supplier, said the diesel may have come from a well boat used to transport the fish from a farm to a processing plant," [reported](#) Breaking News in February 2008. "In a statement, Marine Harvest said: "Some batches of salmon from Marine Harvest Scotland, harvested in early February, have a risk of a petroleum taint causing an unpleasant taste."

Read more via "[US rejects 'filthy' Scottish salmon](#)"; [FDA Health Warning for Scottish Farmed Salmon](#)" and "[Salmon Farming is Sickening: FDA warning for "adulterated" Scottish farmed salmon "injurious to health"](#)"

15) Shellfish: The toxic chemicals used to kill sea lice (members of the crustacean family) can also kill shellfish. [Peer-reviewed scientific research](#) has shown how Azamethiphos, [used in increasing quantities on Scottish salmon farms](#), can be lethal to lobsters.



Sadly, shellfish are collateral damage in the salmon farming industry's toxic war on sea lice.

Read more via "[Silent Spring of the Sea](#)"; "[Scientific Backgrounder: Ecotoxicity and Chemical Resistance](#)" and "[Scottish Salmon's Lethal Legacy](#)"

16) Waste Pollution: Salmon farms discharge untreated waste effluent directly into the sea like an open sewer. The sea-bed under salmon cages has been shown to be [polluted with toxic chemicals](#) and [devoid of marine life](#). Scientists have reported that waste pollution from salmon farms can also cause "[major degradation of benthic habitats](#)" including maerl beds even in exposed locations where flushing rates are strong.



Seabed under cages and in surrounding seabed area outwith SEPA 'allowable zone' devoid of life, other than beggiatoa mat

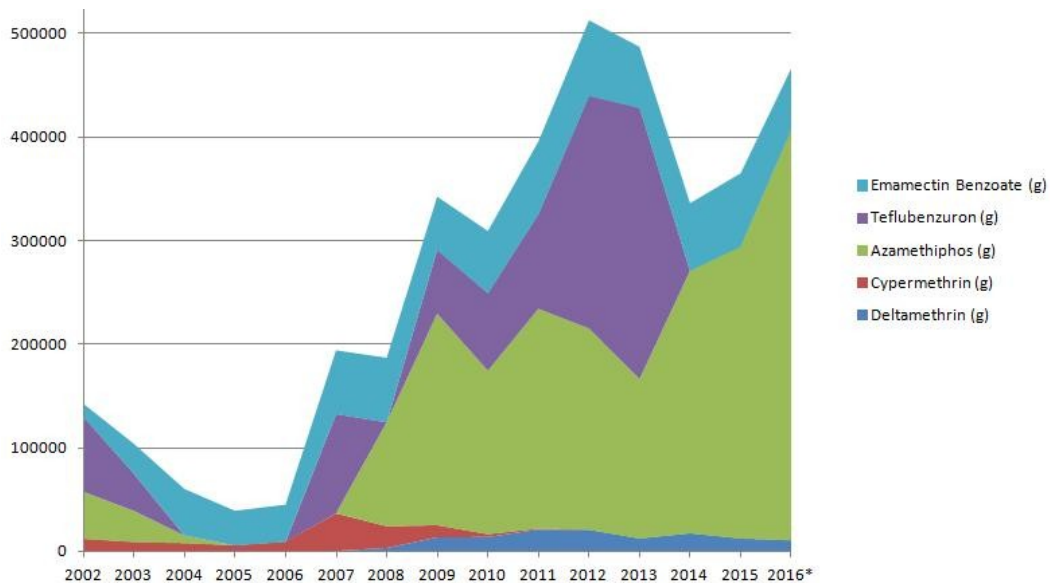
[The Scottish Environment Protection Agency estimate](#) that a new super-sized salmon farm producing 6,000-8,000 tonnes would be equivalent to the sewage wastes of between 400,000 and 800,000 people (Glasgow's population is 600,000 people). A [report by WWF Scotland in 2000](#) calculated that Scottish salmon farming (which produced 115,000 tonnes of farmed salmon in 1998) discharged the nitrogen equivalent of 3.2 million people and the phosphorus for phosphorous of 9.4 million people. Since salmon farming production has [leapt to 178,000 in 2016](#) (an increase of 55%) the sewage equivalent now stands at between 5 million and 14.5 million people. Scotland's human population is 5.3 million people.

In 2005, [Marine Harvest were fined £4,000](#) "for allowing fish guts, blood, scum and grease to enter the River Lochy". Officers from the Scottish Environment Protection Agency found a red liquid discharge and solid waste coming from Marine Harvest's processing plant.



Read more via "[Scotland's Secret: Aquaculture, Nutrient Pollution, Eutrophication & Toxic Blooms](#)"; "[Waste & Nutrient Loading](#)" and "[Revealed: the dirty dozen salmon farms that contaminate lochs with pesticides](#)".

17) Chemical Pollution: The use of toxic chemicals to kill sea lice and treat infectious diseases on Scottish salmon farms [rose ten-fold between 2006 and 2016](#). Nearly 4,000 kg of Azamethiphos, Cypermethrin, Deltamethrin, Emamectin benzoate and Teflubenzuron was used on Scottish farmed salmon in over 8,400 separate chemical treatments since 2002.



The use of Hydrogen peroxide - used in industrial bleach and in rocket propellant - [shot up from 19,200 litres in 2005 to 19.6 million litres in 2015](#) (an increase of 101,801%) as chemical resistance cripples the Scottish salmon farming industry.

In 2013, [FishyLeaks revealed](#) that Scottish farmed salmon was illegally doused with the carcinogenic chemical Formalin in a Special Area of Conservation and National Scenic Area on the Isle of Lewis in the Outer Hebrides.



Read more via "[Salmon industry toxins soar by 1000 per cent](#)"; "[Sky-Rocketing Chemical Use on Scottish Salmon Farms](#)" and "[Silent Spring of the Sea](#)".

18) Mortalities: Mortalities (called 'morts' in the industry) are piling up high around Scotland. Scottish salmon farming's mort mountain stood at [10 million farmed salmon in 2016 with a weight of almost 20,000 tonnes](#). According to the [Scottish Government's 2015 fish farm production survey](#), the mortality rate in the seawater phase alone was nearly a quarter (24%) in 2014.



The scale of mass mortalities on salmon farms is so shocking that the Scottish salmon farming industry [lobbied the Scottish Environment Protection Agency to delete information](#) on millions of farmed salmon deaths from [a public database](#) on fish farming because it would be commercially damaging.

Read more via "[Farmed salmon killed by disease leaps to 8.5 million](#)"; "[Salmon firm hit by 'unprecedented' level of mortalities](#)" and "[Scottish watchdog labelled 'lapdog' after agreeing to keep fish farm deaths secret](#)".

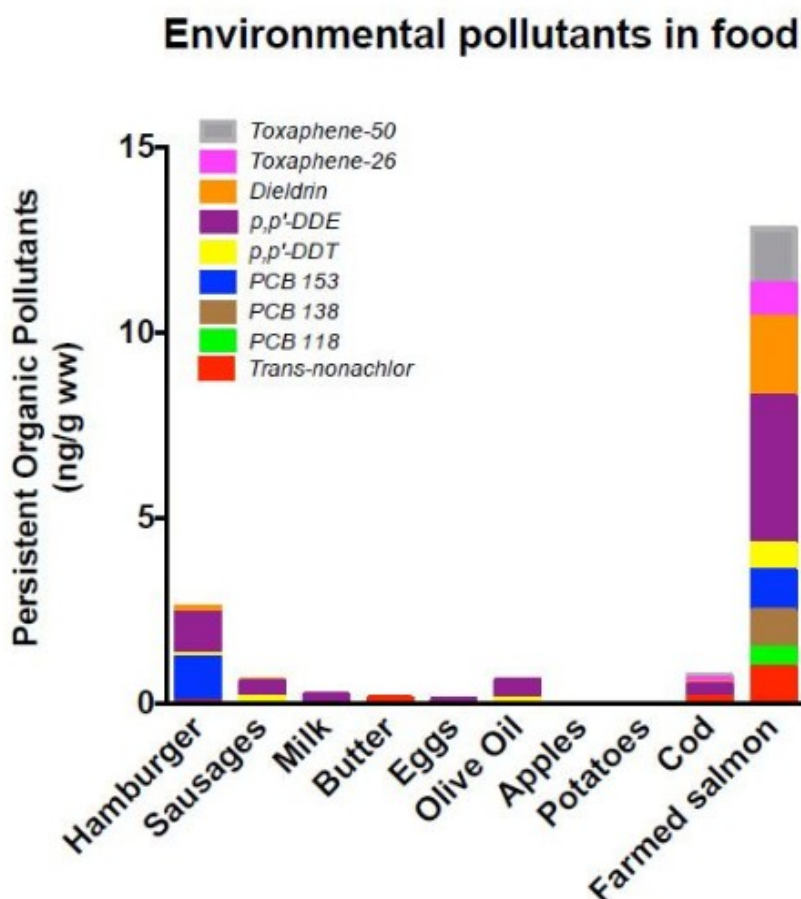
19) Escapes: [According to official Government data](#), over 3.5 million farmed salmon have escaped in around 200 incidents since 1998. Farmed salmon escapees are double the number of wild salmon caught since 2002 [leading to calls to jail salmon farmers](#) responsible for escapes.

Mass escapes from salmon farms can precipitate what scientists have called an "extinction [vortex](#)" in wild salmon. In other words, escapes from salmon farms are killing wild salmon.

In 2013, [The Sunday Times reported](#) that "as many as one in four wild Atlantic salmon from Scotland has been genetically 'tainted' by Norwegian fish" following a genetic analysis by the Rivers & Fisheries Trusts of Scotland".

Read more via "[Scottish Salmon's Great Escape](#)"; "[Call to jail fish-farm bosses who allow escapes](#)" and "[Fugitive Salmon: Assessing the Risks of Escaped Fish from Net-Pen Aquaculture](#)".

20) Most Contaminated Food: Farmed salmon is [the most contaminated food on the supermarket shelf](#) and should [carry a Government health warning](#). In a 2014 documentary - "[Filet - Oh Fish!](#)" - [Dr. Jerome Ruzzin from the University of Bergen](#) warned that farmed salmon is by far the most contaminated various foods tested. "Never eat farmed salmon!" [warned Dr. Ruzzin](#) in the Norwegian newspaper Bergens Tidende.



Salmon farming is highly efficient way of bio-accumulating cancer-causing contaminants up the food chain. Rather than being marketed as a 'healthy & nutritious' food, farmed salmon should be [labelled as hazardous waste](#).

In 2013, the [UK's Pesticides Residues Monitoring Programme](#) found the pesticides pp-DDE, Dieldrin and Cypermethrin in farmed salmon sold by Waitrose, Tesco, Asda, Morrisons and Iceland.

In January 2014, [The Guardian](#) reported: "A report on farmed salmon by Green Warriors of Norway, stated that 'farmed fish is Norway's most toxic product'". In 2013, French TV [broadcast a damning documentary](#) on the safety of farmed salmon. In 2013, [Norwegian scientists warned](#) against the consumption of farmed salmon due to hazardous levels of chemicals and contaminants.

Read more via "[Supermarket Scamon: Pesticide Contamination of Farmed Salmon](#)"; "[DDT found in salmon: Pesticide discovered in farmed fish on sale in five major British supermarkets](#)"; "[Farm salmon is now most contaminated food on shelf](#)" and "[Farmed & Dangerous Salmon](#)".

21) Organic Scamon: Some Scottish salmon is marketed as 'organic' yet so-called 'organic' salmon farms are still permitted to use toxic chemicals such as Emamectin benzoate, discharge contaminated wastes and spread sea lice.



"Here's the nub of the problem with organic salmon: it doesn't deliver the radical difference in production methods that consumers have come to expect from other categories of organic food," wrote award-winning food writer Joanna Blythman in [The Observer in 2006](#). "To make a very unsubtle joke, there just isn't enough clear blue water between conventional salmon farming - condemned by its critics as the biggest environmental disaster to afflict the west coast of Scotland in living memory - and the organic alternative. Indeed, delve into the supposed differences between the two and the water looks rather murky; so murky, in fact, that even some long-standing advocates of organic farming won't have any truck with it. As Iain Tolhurst, a highly respected organic grower and a key figure in the foundation of the modern British organic movement puts it: 'If the public was given the full facts about organic salmon, they would demand something better. So-called "organic" salmon is making a mockery of organic standards.'"



Read more via "[Why organic salmon is causing a nasty smell](#)" and "[Organic Scamon - the greenwashing of toxic farmed salmon](#)".

22) **Whales:** Seals are not the only marine mammals killed by salmon farms. "A young humpback whale found drowned off the coast of Mull died after swimming into a fish farm, vets believe," [reported The Press & Journal](#) in 2014. "The animal was found dead beneath the nets of a salmon pen."

The Press and Journal Humpback Whale died after swimming into fish farm

by RITA CAMPBELL July 5, 2014, 8:51 am



ENVIRONMENT

December 1, 2016 11:04 am

Another humpback whale dies on B.C.'s west coast after being caught in fish farm nets



By Amy Judd

Online News Producer Global News

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ABOVE: A third humpback has died along the BC coast after getting caught up in fish farm nets. As Paul Johnson reports, these sad stories are raising concerns on both sides of the salmon farming debate.

Other lethal incidents involving humpback whales killed in salmon farms have also been [reported in Canada](#). The expansion of salmon farming in Scotland can only place whales at even more risk. [Scientific research has also shown](#) how the acoustic pollution from salmon farms can also displace whales.



Read more via "[Salmon Farming Kills Whales](#)" and "[Humpback Whale Post Mortem Suggests Entanglement in Salmon Farm](#)"

23) **Chickens & Pigs:** The use of chicken and pork products in farmed salmon feed has been allowed - [despite protests in France in particular](#) - since 2013. In 2016, the UK supermarket Morrisons [announced plans](#) to use chicken protein in farmed salmon feed.



"Although Chilean and Australian salmon farming sectors have been using avian proteins for over a decade without issue, there are still some challenges around consumer acceptance of introducing these products into the UK's food chain," [reported the Scottish Aquaculture Innovation Centre](#).



Read more via "[Coming soon to a fish counter near you, the salmon that's truly fowl....](#)"; "[Backlash against chicken and pork in farmed fish](#)"; "[French Say "Non" to Chicken & Pork in Farmed Salmon](#)" and "[BioMar and Morrisons weighing up use of poultry derived protein in salmon feed](#)".

24) **Norwegian:** Scottish salmon is a misnomer - over 90% of Scottish salmon farms are owned by foreign corporations with around 70% owned by Norwegian multinationals. The vast majority of the eggs used to farm 'Scottish' salmon are now imported from Norway.



"In the past decade, the number of salmon imported from Norway as eggs and reared on Scottish fish farms rose 11-fold, from 3m in 2003 to almost 36m in 2011," [reported The Sunday Times](#) in 2013. "With about 40m salmon farmed every year in Scotland, opponents argue that virtually every fish that lands on consumers' plates is of Norwegian origin. The data, published as part of routine disclosures by the Scottish government, has prompted claims that Scottish salmon, the country's largest food export, are "Viking fish with a kilt thrown on"."



Read more via "[Supermarkets sell Norwegian fish as 'Scots' salmon](#)"; "[Invasion of the Viking salmon](#)"; "[Scots fish are 'Vikings with kilts on'](#)" and "[Tesco blames wrong signage for Norwegian salmon marketed as Scottish](#)".

25) **'Super' Salmon & GM Feed:** Faced with a depleted and contaminated feed supply, salmon farmers are looking at alternative ingredients including [genetically modified plants](#).



"A crop of camelina (false flax) has been spliced with genes to produce an oil rich in fatty acid normally only found in fish," [reported The Daily Telegraph](#) in 2015. "It is the first example of a new generation of so-called 'nutraceuticals' – plants whose genetic structure has been altered to introduce health-boosting properties. The plant oil has been created to be fed to farmed fish, such as salmon, to boost their Omega-3 content and make food healthier for shoppers."

Toxic salmon



Trials of GM salmon have already taken place in Scotland - [back in 1996 in Loch Fyne](#). Back in 2000 the Scottish salmon farming industry "[rejected any use of transgenic salmon](#)" but it appears that it is only a matter of time before GM salmon rears its ugly head in Scotland.

Read more via "[Genetically modified crop successfully fed to salmon, say scientists](#)"; "[The Frankenfish GM super salmon muscling its way onto your plate](#)" and "['Frankensalmon' ruled safe to eat: Fast-growing GM fish approved by scientists](#)".