

# Salmon Farming in British Columbia



BC Salmon  
Farmers  
Association



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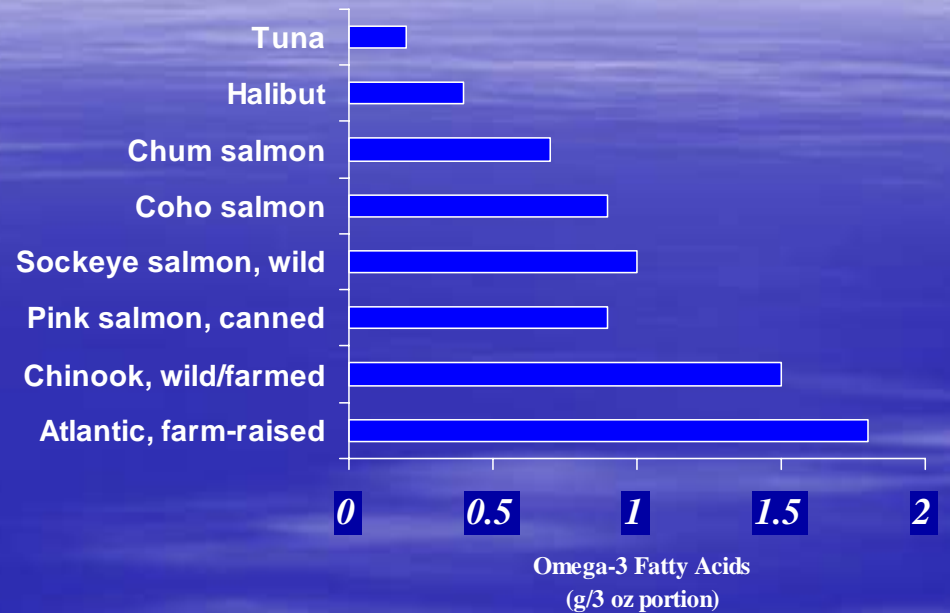








# Wholesome Food Choice



Omega-3 Fatty Acid  
Content of Fish,  
Wild & Farm-Raised







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Perhaps the best advice on the PCB issue is given in an editorial in the Seattle Times: “Over the years, the Environmental Working Group has obsessed over fresh apples, pears, peaches, spinach, strawberries, celery, lettuce and canned tuna. Now, fresh salmon. Think twice before taking dietary advice from these folks.”



“When you come to a  
fork in the road, take it.”

*Yogi Berra*

