

Trout is climate friendly food

The production of one kilo of fresh trout in a Danish fish farm results in an emission of climate gases of only 1.2 kilo. This makes trout a climate friendly food choice compared to other types of meat.

Trout farmed in Denmark is climate friendly food for your shopping basket. An analysis from the Danish Institute for Agro Technology and Food Innovation (AgroTech) shows that production of one kilo fresh trout results in the emission of 1.2 kilo climate gases. When analysing the pre-packed smoked trout fillet you can buy at the supermarket, the emission equals 496 g for a 125 g package of trout fillet.

Some of the reasons for the relatively low carbon dioxide emission are that fish utilise a significantly larger share of their feed for growth and breeding in water means that the fish use far less energy to counterbalance gravity than animals bred on land. Moreover, fish are poikilothermic animals and consequently they do not use energy to adjust their body temperature.

AgroTech's analysis is a so-called life cycle assessment in which the complete life cycle of the product is assessed; in this case from feeding over breeding in the fish farm to processing at a factory until it reaches the food counter at the supermarket. During this life cycle, feed constitutes the biggest load in the climate impact calculation as it accounts for slightly more than half of the total emission.

"The results emphasise once again that fish farming is an environmental friendly production method and we are pleased that we now have documentation verifying that Danish farmed trout is a climate friendly choice. We are proud to have a high-quality product that is both healthy and climate-friendly. We naturally hope that more consumers will come to realise this truth" says Mr Karl Iver Dahl-Madsen, Chairman of The Organisation Danish Aquaculture (Dansk Akvakultur).

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