

Tilapia Treachery: Beware of This Farm-Raised Fish

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To help reduce the risk of coronary heart disease, [The American Heart Association recommends](#) "eating a variety of fish, preferably oily fish (salmon, tuna, mackerel, herring and trout), at least twice a week".

One fish not mentioned in that recommendation is [tilapia](#), a fish originally from Africa. But because it breeds easily, grows quickly, and doesn't have a "fishy taste", it is now the #1 farm-raised fish eaten by Americans (and 5th most popular fish eaten overall), with 475 million pounds of tilapia consumed in 2010, a 400% increase from 2000.

But beware. [A recent article in the NY Times](#) shed light on the treachery that is farm-raised tilapia. The article states that these fish farms **feed tilapia pellets of corn and soy, NOT algae** which result in several unhealthy characteristics of farm-raised Tilapia, including:

- **Very low levels of omega-3 fats** which:
 - Decrease inflammation
 - Significantly reduce the risk of chronic disease
- **Very high levels of omega-6 fats** which:
 - Increase inflammation
 - Significantly increase the risk of chronic disease

If you really want to eat fish for the health benefits, stick with salmon. If you're looking for supplemental ways to get your omega-3 fats, look no further than [Cod Liver Oil](#) which should be called a ["superfood" for all its' health benefits](#).

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