



# 23.02.16

## Fatty Acids in Farmed and Wild Salmon:

### Biochemical, Health and Ecological Perspectives.

Fatty acids are important components of our body, providing energy and making up our bio-membranes in lipid form, as well as regulating physiological responses in the body. Among the essential fatty acids, the omega-3 fatty acids EPA and DHA are considered particularly beneficial to our health. In a Norwegian diet, salmon is a primary source of EPA and DHA. However, due to a diet consisting to an increasing extent of vegetable ingredients, the EPA and DHA that salmon normally would get through its marine diet, is to a large extent replaced by the plant omega-3 ALA, as well as omega-6, 7 and 9. Our recent study shows that ALA is now the most abundant omega-3 in farmed salmon. This talk addresses why this has come to be, as well as the possible up- and down sides with regards to ecology, the salmon's well-being and our well-being. (The lecture will be in English).

Etter foredraget vil det holdes generalforsamling i NKS Bergen.

Det vil bli servering av pizza og noe godt å drikke under generalforsamlingen.



Foredragsholder:

Christian Totland

+ mat og drikke

Ingen påmelding!

Generalforsamling:

- Årsberetning 2015
- Regnskap 2015
- Budsjett 2016
- Medlemstall
- Valg
- etc.

**STED:**

**Realfagsbygget  
Tripletten, 3069**

**kl. 17:30**