

INTERNET ARCHIVE WayBackMachine BETA   DEC FEB MAR [Close](#)  
 21 captures 17 Aug 07 - 3 Feb 10 2009 2010 2011 [Help](#)



David Suzuki Foundation

[About Us](#) [Contact](#) [Site Map](#)

Search

DavidSuzuki'sNatureChallenge

[Email Page](#) [Print](#) [BOOKMARK](#) [f](#) [t](#) [...](#)



- [Conserving Our Oceans](#)
- [Promoting Global Conservation](#)
- [Building A Sustainable Economy](#)
- ∴ Nature Challenge**

- [Archives](#)
- [Sign Up](#)
- [What can I do?](#)
- [Get connected](#)
- [At Work](#)
- [At School](#)
- [QueenofGreen](#)
- [Garden Contest](#)
- Newsletters**

- ∴ Home**
- ∴ Take Action**
- ∴ About Us**
- ∴ Publications**
- ∴ Links**
- ∴ Site Map**
- ∴ Blog**

## Food: Is it safe?

### Contents

- [Introduction](#)
- [The skinny on salmon](#)
- [Fishing for omega-3s](#)
- [Mad cows, madder consumers](#)
- **Conclusion**

### Conclusion:

Our food choices have a big impact on our world. Some food production processes deplete natural resources and pollute our air and water. Others work within natural systems to provide healthy food without damaging our environment.

A few tips:

- Choose at least one day a week to eat meat-free meals in your household. Given the wealth of fresh vegetables, grains, and dairy products in the marketplace, it is not difficult to make an interesting vegetarian meal. Buy local produce as much as possible. Organic is a good choice as well.
- Choose free-range, antibiotic-free chicken and pork, and grass and grain-fed beef from family farms. Organic meat is another healthy and environmentally sensible choice. Butchers at specialty stores and local meat stores can be quite informative about their products.
- Choose fish wisely. Buy wild salmon and choose other fish that are not over-exploited or heavily contaminated. These are your best choices for your health, for marine environments and for coastal communities.



David Suzuki

- [Events Calendar](#)
- [Science Matters](#)
- [Biography](#)

Quicklinks

- [Volunteer](#)
- [Take Action](#)
- [Publications](#)
- [FAQs](#)

Join us on...



Copyright © 2009 David Suzuki Foundation

