



## Trout

Trout is an extensive member of the salmon family and there are many different species, they include sea trout, freshwater trout (lake trout), brook trout and rainbow trout.

**The sea trout** has approximately the same distribution in Norway as salmon, but unlike salmon, the sea trout does not migrate great distances but stays in the fjords and along the coast. The sea trout migrates from the sea up into freshwater to spawn and then goes back to the sea. The freshwater trout (lake trout) is widespread in most of the rivers and lakes in Norway. It spawns in rivers where the fry grow up and later migrate into the lakes.

**The brook trout** is relatively like a small salmon fish that lives its entire life in brooks and rivers.

**The rainbow trout** was introduced to Europe from California around 1880 and is characterized by a red violet stripe along its side. The trout grows quickly, and is well suited to fish farming.

In Norway, trout is farmed in the sea and reaches a considerably greater weight than wild trout. Trout usually has a reddish-coloured meat, a result of the crustaceans it eats. Trout is sold fresh, frozen, smoked marinated or even partially fermented.

### Nutritional Content

Farmed trout is an outstanding nutritional product. It is plentiful in Omega 3 fatty acids and is rich in the oil soluble vitamins A and D. It also has a high content of water soluble vitamins B<sub>12</sub> and pyridoxine