



THE  
**FISH**  
ON MY  
**PLATE**

1x90 **HD**



**PBS**  
INTERNATIONAL



# THE FISH ON MY PLATE

1 x 90 HD

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In this special FRONTLINE film, author Paul Greenberg (*Four Fish* and *American Catch*) sets out on a quest to answer the question “What fish should I eat that’s good for me—and good for the planet?”

By examining the fish on our plate, Greenberg takes stock of what is happening in the ocean and the fish farm. Half the fish consumed in the world is now farmed. And the question Greenberg worries, is whether that is helpful or harmful? He hosts a dinner in his New York apartment with six fisheries experts and, finding no consensus, he sets off on a journey of discovery.

In *The Fish on My Plate*, Greenberg travels to Norway where modern fish farming was invented, Peru to witness the world’s largest wild fishery, Alaska, where 200 million salmon can be caught each year, and Connecticut to visit a fish farm where no feed is required to grow protein.

It is a journey that outlines the complexities of fisheries management and the complications of fish farming. Greenberg discovers that the U.S. has established good guidelines for its fisheries that prioritize sustainability, but conservationist and author Carl Safina tells him, “most of the rest of the world is largely a total mess.”

To continue to explore what fish to eat, Greenberg goes on an all fish diet for a year and consumes over 700 fish meals. In doing so, he greatly increases his Omega-3 status, hoping that all the promises of the Omega-3 industry will be duly bestowed upon him. But as the journey progresses these promises are put to the test when he talks to a series of experts to parse the hype from the hope and questions are raised about the original Greenland studies that first brought the world’s attention to Omega-3.

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## CREDITS

A FRONTLINE Production with Spin Free Productions, Inc.

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*Image:* Bon Appetit/Shutterstock.com



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