

## Eating Fish for Good Health Challenged By Scientists

[Home](#) » [Food and Health](#) » Eating Fish for Good Health Challenged By Scientists

Submitted by Kathleen Blanchard RN on Mar 18th, 2009

Posted under: [Food and Health](#)



Scientists are now questioning the health benefits of eating fish.

Researchers from St. Michael's Hospital and the University of Toronto, in

conjunction with University of British Columbia's

Fisheries Centre and author Farley Mowat, teamed up

to scrutinize the effect of eating fish for good health, and the impact on our fragile ecosystems. The scientists also suggest that eating fish might not benefit just everyone. Perhaps the health claims of fish oil consumption are a bit inflated.

"For many people in developing countries, fish is often their only source of protein. It would be irresponsible for us to 'triage' food sources without verifying that fish oil indeed promotes human health," says UBC fisheries researcher Daniel Pauly.

<http://www.publicaffairs.ubc.ca/media/releases/2009/mr-09-028.html>

Source: *Kathleen Blanchard, RN*