Another way to appreciate fish

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Background: The Polynesian of French Polynesia, following the example of the island populations of Pacific, always drew the most part of their food from sea products. They remain today even very big consumers of fish: with a 1 kg / person / week average, and it in spite of ”multiplication” and ”diversification” of food offer due to globalization. This ”over consumption” of the Polynesian asks in a critical way the question of the duality of benefits and delinquency of a feeding based on the fish. The ”beneficial effects” of the fish are comparatively well known; the fish brings a series of nutrients as selenium and iodine but also polyunsaturated fatty acids which man does not naturally synthesise and that are however necessary to him. He must therefore scoop them out from his feeding. These polyunsaturated fatty acids (PUFAs) of type omega 3 as acid eicosapentanoique made the object of several studies which put in an obvious place the cardioprotective effects of these compounds. The importance of these compounds for an optimum neurobiological development to the fetus was also revealed in other studies. The negative point mainly holds in the presence of methylmercury, source of neurotoxicity for man. To this last, the pollution in the methylmercury comes principally from the fish. Methods: In collaboration with the University LAVAL in Canada and the Laboratoire d'Analyse des la Salubrité des Eaux et des Aliments (LASEA) in the Institute LOUIS MALARDE, over 70 samples of fish were analysis to determine their contents in methylmercury but also in fatty acids. Results: Levels of mercury were very low in reef fish compare to pelagic fish. The PUFAs profile was really interesting in some reef fish species Conclusion: In view of our results and because the consumption of fish remain and must remain important in Polynesia, of you a diet based on the reef fishes for pregnant women but also for young children.

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