

## FISH for FACTS in SEA and TURF

*The day I became a vegetarian, I found letters from all the fish in the seas.*  
(Fredrich Steinway)

### THE FATS OF LIFE

Much of the following advice appeared in the Xlibris publication, *WILDEGEEST! A Search for Last Places - Sequel (2003)* :

Butter and virgin (fresh pressed) olive oils are the only fats and oils in the supermarket that (if used with care and moderation) are safe and unlikely to be hazardous to your health. Use butter to apply light coating of "non-stick" to fry pans. Stir-fry with olive oil for flavor, and small amount of added water to limit temperatures to 100 de C , since overheating destroys essential fatty acids, and other nutrients, and generates toxic substances .

Labels on bottles of refined vegetable oils usually do not warn against use in deep fat fryers. Polyunsaturated oils are reactive, heat sensitive, and readily oxidized and polymerized by frying temperatures. The toxic substances and polymers that are generated can lead to physical complications and early death.

Health-threatening hydrogenated fats and oils - packaged shortening, and in baked goods, cookies, most peanut butters, and many other manufactured foods that lure child and adult alike.

Vegetable oils, used liberally in a variety of products, including salad dressings, contribute to over-consumption of fats and oils, and deliver unneeded, potentially harmful amounts of omega-6 fatty acids.

A *PRUDENT DIET* , based on economical staples that comply with current dietary guidelines, must be flexible enough to satisfy persons with differing taste preferences. It will include lots of vegetables, fruits, legumes, whole grains, and judicious selections of low-fat dairy products, lean - poultry, pork, and beef, and fatty fish. "Visible fats and oils" should be avoided if the diet abounds in foods that supply healthful lipids, i.e. grains, soybeans, vegetables, fruits, nuts, flaxseed, fatty fish - all of which contain "naturally occurring antioxidant systems".

**CONTAMINANTS** are more likely to occur in the foods that are affordable to lower income persons and families, so every effort must be made to collect relevant data concerning kinds of chemicals, and levels that must be avoided. A blanket condemnation of all fish rules out highly recommended fresh, frozen, and canned wild species from vast ocean fishing grounds. *Food News* ( ) adds some much needed perspective in their convenient *Shopper's Guide to Pesticides in Produce*. Many sources will be checked to assess possible dangers from the chemicals used to produce the foods, environmental poisons, and **food additives and preservatives** . .

### SURF the WEB

(Warning! Citations selected out of context can be misleading, so it's always best to visit the site)

01-06-01 [www.rense.com](http://www.rense.com) *The unpleasant straight truth about Fats and Oils in your Diet*, Urdo Erasmus . A considerable influence on the recommendations outlined above, except, he recommends certain cold pressed oils, i.e. flax seed. **Instead, we suggest freshly ground flax seeds, added to recipes without delay.**

08-11-02 [www.healthyeatingclub.com](http://www.healthyeatingclub.com) Alpha-linolenic acid is an omega-3 fatty acid and is similar to the fatty acids found in fish. The alpha-linoleic acids found in fish oil are easily converted to anti-clotting, anti-

inflammatory eicosanoids, whereas the process of converting fatty acids in flaxseed oil is slow and inefficient, especially if the diet is high in omega-6 linoleic acid (found in polyunsaturated oils and margarine).

10-29-03 [www.content.karger.com](http://www.content.karger.com) *Omega-6/Omega-3 Essential Fatty Acid Ratio : The Scientific Evidence* Editors - Simopoulos, A. P. and Cleland, L. G. Studies on the evolutionary aspects of diet and molecular studies..indicate that human beings evolved on a diet that was balanced in the essential fatty acids (EFA)...whereas present day diets in both developed and developing countries have a much higher ratio, between 5/1 and 50/1. Additional studies show that a high ratio of omega-6/omega-3 EFA is detrimental to health, and may lead to chronic diseases. Improving the dietary ratio, by decreasing the omega-6 fatty acids and increasing the omega-3 fatty acids is essential to brain function and for the management of cardiovascular disease, arthritis and cancer.

11-17-03 [www.equazen.com](http://www.equazen.com) *Essential fatty acids* There are of course very sound reasons for the widespread concern about fat consumption. As we begin a new millennium, it is clear that the 20<sup>th</sup> Century took a toll on our bodies. While there have been great advances in medicine and longevity, diseases with a nutritional factor have increased. Today, diseases linked to fat-related degeneration are estimated to kill over two-thirds of people in affluent industrialized societies (cardiovascular diseases at 44%, cancer at 22%, and diabetes at 2%).

11-27-03 [www.gastronomique.org](http://www.gastronomique.org) *The essential Omega-6 and Omega-3 fatty acids in food.* The actual Omega-6 EFAs to Omega-3 EFAs imbalance exaggerates immune response and blood coagulation. ...*Sorting foods by Omega-6 EFAs contents*- Contain omega-6 EFAs only - Sunflower oil, safflower margarine, apricot kernel oil, avocado oil, almond oil. Content of omega-3's negligible in corn oil, sesame oil, safflower seeds, brazil nuts, corn margarine, soybean margarine, pumpkin seeds, squash seeds, peanuts, peanut butter, pistachio nuts, palm oil, and crackers.

07-01-04 [www.aafp.org](http://www.aafp.org) *Omega-3 Fatty Acids*, Maggie B. Covington, M. D. Omega-3 fatty acids have been shown to significantly reduce the risk caused by cardiac arrhythmias and all cause mortality in patients with known coronary heart disease. Fatty fish, such as salmon, tuna, and fish oil are rich sources of eicosapentaenoic acid and docosahexaenoic acid. Flaxseed, canola oil, and walnuts are good dietary sources of omega-3 fatty acids. **In contrast, omega-6 fatty acids, present in most seeds, vegetable oils, and meat, are prothrombotic and proinflammatory.**

07-28-04 [www.heall.com](http://www.heall.com) *Hydrogenated fats and oils, are they a health risk. The Oiling of American* - Modern-day diets high in hydrogenated vegetable oils instead of traditional animal fats are implicated in causing a significant increase in heart disease and cancer.

11-11-04 [www.andrews.edu/NUFS/essentialfat.htm](http://www.andrews.edu/NUFS/essentialfat.htm) *Essential Fatty Acids in Vegetarian Nutrition*, Brenda Davis, RD. Changes in our food supply since the industrial revolution have jeopardized both the quantity and balance of these nutrients. Our current dietary pattern provides excessive amounts of omega-6 fatty acids in relation to omega-3 fatty acid content. This imbalance of essential fatty acids affects vegetarians at least as much as omnivores.

12-28-04 [www.americanheart.org](http://www.americanheart.org) *Western diets cause strokes, says American Heart Association* . The western diet is one of processed foods, red meats, refined carbohydrates, food additives, junk foods, soft drinks, fried foods and similar substances. It makes up a reported 30% of the average American diet (alarming). In reality, this diet causes far more than just strokes: It also causes cancer, diabetes, obesity, Alzheimer's disease, clinical depression, and a long list of other chronic diseases. The western diet is the cause of all chronic diseases.

02-05-05 [www.consumerlab.com](http://www.consumerlab.com) Tested 41 omega-3 fish oil products showed all but three were fresh and contained claimed amounts of EPA and DHA - key omega-3 fatty acids. None of the products had detectable levels of mercury (over 10 parts per billion).

03-09-05 [www.healthcentral.com](http://www.healthcentral.com) *Oily Fish Fosters Healthy Blood Fat* . Scientists believe they have found a link between fish and good health. .Researchers say they have identified a powerful anti-inflammatory blood fat in humans that's derived from omega-3 fatty acids from fish oil. The article appeared in the March 7 issue of *Journal of Experimental Medicine*.

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We could go on and on, but enough for one sitting. Much more to discuss at a later date, especially with your help!

**WILDEGEEST FOUNDATION**