



MEDIA RELEASE

President of IAFI, Jayne Gallagher, welcomed news that the USA Food and Drug Administration (FDA) have advised the USA Government to amend its out of date seafood advisory based on the latest science. The Washington Post reports (12 December 2008) that the FDA has concluded that the greatest benefits to pregnant women and women of childbearing age would come from eating more fish/seafood.

“We have discussed this issue in detail at our last two World Seafood Congresses (Sydney 2005 and Dublin 2007) and it would be excellent if we could be reporting at our next Congress in Agadir, Morocco (5-10 October 2009) that the issue is well on its way to being resolved. The scientific evidence is irresistible on this matter, so much so, that in Dublin we made an unanimous call for all Public Health Authorities to reassess the benefits v risks regarding mercury in seafood due to growing evidence that fish consumption can reduce the risk of coronary heart disease and can benefit neurodevelopment in the fetus and young children such that reduced or eliminated consumption of fish could actually impose risks,” Jayne remarked.

“We urge all Government Agencies around the world in charge of dietary guidelines matters to review their current status because the latest scientific evidence shows that the real risk to women and children is **not** eating enough seafood. In addition we must now understand that nearly half the fish consumed as food worldwide are from aquaculture rather than caught in the wild (FAO) and to our knowledge mercury has never been an issue with farmed fish. In 1980 just 9 percent of the fish consumed by human beings came from aquaculture, today just under 50 percent does, and this is growing,” added Ms Gallagher.

“The program for the IAFI World Seafood Congress in Agadir is progressing exceptionally well” IAFI’s President said. “We expect to have everything in place to announce early in 2009 and will be promoting this heavily at the Boston Seafood Show and European Seafood Exposition. IAFI is thrilled to be holding its first Congress in the African continent and is looking forward to expanding on the theme ‘*Toward building trust in international seafood trade and market access*’. The issue of mercury advisories in developing countries has created serious implications because limiting the consumption of an important source of protein can be especially serious.”

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Notes:

- Harvard University study released in September of '08 highlighted the benefits of a seafood rich diet.
<http://aje.oxfordjournals.org/cgi/content/full/kwn034?ijkey=2dqDKokbQNdFpz5&keytype=ref>
- Ground breaking research published in the Lancet in 2007 found mothers who ate the most seafood during pregnancy had children with the highest developmental outcomes.
<http://www.thelancet.com/journals/lancet/article/PIIS0140673607602773/fulltext>
- A 2006 Institute Of Medicine report encouraged women to include seafood in their diets and Willett, Walter C.; Stampfer, M.J.; Colditz, G.A.; Speizer, F.E.; Rosner, B.A.; Hennekens, C.H. (March 1993). "Intake of trans fatty acids and risk of coronary heart disease among women". *The Lancet* (Elsevier) 341 (8845): 581–585. doi:10.1016/0140-6736(93)90350-P. PMID 8094827.
- Harvard Center for Risk Analysis in 2006 wrote that curtailing fish consumption could lead to an increase risk of 'adverse health outcomes. Mozaffarian, Dariush; Rimm, Eric B. (October 2006). "Fish intake, contaminants, and human health: evaluating the risks and the benefits". *JAMA* 296 (15): 1885–1899. PMID 17047219.
- March 2008 - Child & Family Research Institute
http://www.cfri.ca/aboutus/news/media/documents/CFRI_nutrition_Innis_JCN_mar07-08.pdf
- Olsen, Sjúrdur Fróði; Secher, Niels Jørgen (2002-02-23). "Low consumption of seafood in early pregnancy as a risk factor for preterm delivery: prospective cohort study". *BMJ* (Clinical Research Ed.) 324 (7335): 447. PMID 11859044. And ^ Odent, Michel; Colson, Suzanne; De Reu, Paul (2002-05-25). "Consumption of seafood and preterm delivery. Encouraging pregnant women to eat fish did not show effect". *BMJ* (Clinical Research Ed.) 324 (7348): 1279. PMID 12028992.
- Feb 2008 Wayne State University School of Medicine
<http://www.ncbi.nlm.nih.gov/pubmed/18280840>

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