

Health Minute

How well do you know your tuna?

By now you know the virtues of increasing the amount of fish in your diet to obtain beneficial Omega 3 Fatty Acids for heart health. A lot of people choose canned tuna to reach their goal. It is plentiful and affordable but is it worth it? The FDA has set forth regulations on white or albacore tuna that it should contain no more than 1.0 ppm (parts per million) of harmful contaminants such as methylmercury. Their regulations do not apply to light tuna. A July 2006 study by the Defenders of Wildlife tested an average of 164 cans of albacore and light tuna combined and found that the average methylmercury content was 0.285 ppm - twice the FDA maximum amount. The tuna with the most methylmercury was obtained from Mexico and Ecuador where the tuna caught are older and larger. The bottom line is that you should limit your intake of canned tuna to no more than one can (six ounces) per week for adults and 1/2 can (three ounces) or less per week for children.



Tuna Tips	For more information
<p>Light tuna in water has less methylmercury than white or albacore</p> <p>Look for tuna caught in the US, Thailand, or the Phillipines</p> <p>Limit intake to one six ounce can per week</p>	<p>http://www.defenders.org/tunamercury for complete report</p> <p>"What you need to know about mercury in fish and shellfish" www.epa.gov/waterscience/fishadvice/advice.html</p> <p>"How mercury enters the environment" www.epa.gov/mercury/exposure.html</p>

