

CONSUMER REPORTS GETS IT WRONG ON CANNED TUNA (YET AGAIN!)

Consumer Reports is back at it, again promoting their reckless and false narrative on canned tuna. This, even after the FDA took the extraordinary step of smacking down Consumer Reports by name back in 2014.

“[T]he methodology employed by Consumer Reports overestimates the negative effects and overlooks the strong body of scientific evidence published in the last decade.”

FDA 08/22/14

WHERE CONSUMER REPORTS GETS IT WRONG:



Mind Your Mercury

One downside of increasing the amount of fish you eat is potential exposure to mercury, a toxin that can affect brain development in fetuses and young children and in excess may affect the health of adults as well.

"It's healthy to eat fish, and you can even eat a lot of fish. You just need to pay attention to which fish are high or low in mercury," says Jean Halloran, director of food policy initiatives at Consumers Union, the advocacy division of Consumer Reports. "There are acute neurological risks of too much mercury, even for adults—from cognitive issues to tremors and loss of balance."

The heavy metal is in the ocean from mercury released by coal-fired power plants and other industrial or natural sources, such as volcanoes. Mercury-containing plants and tiny animals are eaten by smaller fish that are then gobbled up by larger fish, whose tissue accumulates mercury. That's why larger, longer-living predators such as sharks and swordfish tend to have more of the toxin than smaller fish such as sardines, sole, and trout. Bigeye tuna (often used in sushi), Gulf tilefish, king mackerel, marlin, and orange roughy are other high-mercury fish.

Learn more about the mercury myth:
www.aboutseafood.com/busting-mercury-myths

Some of the fish that are low in mercury—Atlantic mackerel, salmon (including canned), sardines, trout—are rich sources of omega-3s. "Other low-mercury fish—such as catfish, flounder, tilapia, shrimp, and sole—supply less omega-3s, but they still can contribute to your overall intake," Halloran says.

As for canned tuna, Halloran says previous Consumer Reports analyses of mercury levels in tuna suggest that pregnant women shouldn't eat it at all. Everyone else should opt for chunk light, which has one-third of the mercury of albacore and about one-fifth of the mercury in sushi tuna, and not make canned tuna the only type of seafood they eat

The average can of tuna contains a small fraction of the government's recommended limit, which already includes a 10x safety buffer. That means that the average person can safely eat tuna for breakfast, lunch, and dinner every day of the week.



The USDA recommends Americans eat at least 2-3 servings of seafood per week. That's because seafood is rich in vitamins B12 and D, iron, zinc, magnesium, phosphorous, selenium and beneficial omega-3s called EPA and DHA.

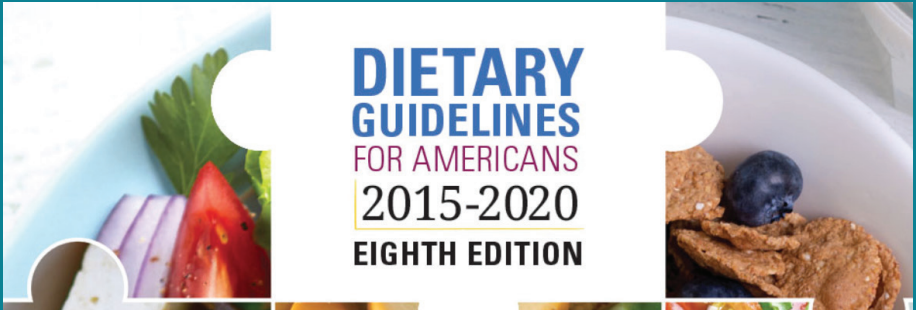


10 Tips: Eat Seafood Twice a Week

Twice a week, make seafood—fish and shellfish—the main protein food on your plate.* Seafood contains a range of nutrients, including healthy omega-3 fats. According to the 2010 Dietary Guidelines for Americans, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.



The Dietary Guidelines for Americans urge consumers to eat more fish and recommend tuna as a healthy option.



As mentioned in the intro, Consumer Report's original "investigation" was so flawed that the FDA released a statement condemning the report.



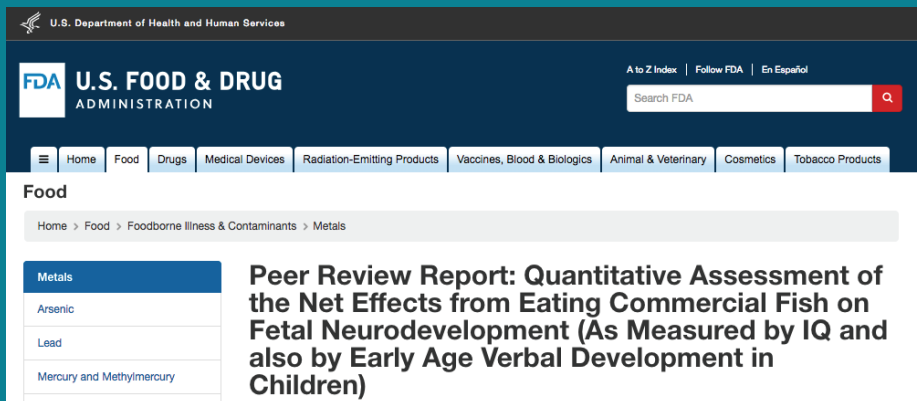
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LEARN MORE ABOUT THE BENEFITS OF CANNED TUNA

www.aboutseafood.com/canned-tuna-nutrition



100+ peer-reviewed studies showed the benefits of eating more seafood, including tuna.



Most Americans are eating dangerously low amounts of seafood, a deficiency that contributes to nearly 84,000 preventable deaths each year.



Burden Calculated for Preventable Causes of Death

Nuño Domínguez | May 15, 2009

Preventable risk factors like smoking, high blood pressure and obesity still claim hundreds of thousands of lives every year in the United States. One in five or six deaths among American adults is due to tobacco use and high blood pressure, according to a study by **Majid Ezzati**, HSPH associate professor of international health, and his colleagues, published online April 28 in *PLoS Medicine*. Obesity, physical inactivity and high blood sugar each kill more than 190,000 people every year and account for one in 10 deaths.