



Should We Be Consuming Fish?

Fish may not be as healthy as you think it is. Even if fish is a source of protein and some fish omega 3 oils, the health risks of consuming fish should also be mentioned.

Firstly, fish are at risk of carrying heavy metals such as mercury, arsenic and lead which are fat-soluble and hence become stored in the fish. These metals are neurotoxic which means they are toxic to our brain cells and nerve cells.

A second issue with fish is the residues of medications they contain. These come from antibiotics and hormonal medication taken by people, which are also polluting the oceans water and seas and reducing its biodiversity.

The third issue is empty oceans, where we have already lost nearly 90% of big fish on this planet. Sustainability of fish is incredibly important as fish too are living, sentient beings. Choose responsibly and remember you and your children do not need to consume fish.

