

Fish Oil, a Source for Health, but is this Source sustainable?

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Marine omega-3-fatty acids (LC-PuFA) contribute a lot to a good health and are very well renowned for their potential to prevent from many diseases. Also they play an important role for a better pregnancy and the development of the child.

Calculating the amount of fish oil needed to feed the world adequately with it, shows that there will be a shortage. Many say that the seas are overfished and that more fishing would even more jeopardise sustainability in this sector. Reasons are briefly presented why nutritionalists believe that man is short in supply with these fatty acids, given the fact that fish consumption is steadily rising in industrialised societies.

An overview is given over the marine resources we have, their exploitation, sustainability successes and the availability of LC-PuFA from the seas. Also alternatives to today's resources are shown and their potential discussed.