

## BEH PODCAST – EPISODE 16

### IS IT SAFE TO EAT FISH?

Dr. Miller: Fish is a complex issue, because the oceans are so polluted which makes fish contaminated. They pick up a lot of heavy metals, and things like that. The general rule is to eat fish lower down on the food chain. Toxins in the environment and toxins in the ocean get concentrated as you get further up the food chain. So large fish, such as swordfish, tuna or even dolphins and whales, are the most polluted animals in the ocean. The same is true of animals on land. Human beings carry a higher level of toxins than most other mammals on the earth because we're at the top of our food chain.

So if you're going to eat fish, eat small fish. They're great nutrition; they have a lot of Omega-3 fatty acids in them, and that's good. I would eat wild caught fish from cleaner parts of the ocean, such as the Northern Pacific, Northern Atlantic smaller fish from those areas, and even some of the salmon is not too bad. I would not eat fish every day, but I would not completely give up fish. We'll come back to this question of fish in later talks. It's a worthy conversation to come back to. But for now, I would not tell you to never eat fish again, but do stick with wild, smaller caught fish from cleaner parts of the world. Just to be clear, the fish oil that we use, Carlson, is from small fish.