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Friday, April 20, 2012

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EU-funded study shows that mums and babies benefit from salmon intake

published on Thursday, April 19, 2012 **under** Public Health

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A European study founded that two servings of salmon per week give mothers and babies the means to secure the minimum recommended omega-3 fatty acid intake. The researchers also found that salmon does not modify oxidative stress levels, inflammatory response or vascular homeostasis.

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An EU research from the University of Granada in Spain, funded in part by the SIPS ('Salmon in pregnancy study)' project, supported under the EU's Seventh Framework Programme (FP7), discovered that **two servings of salmon per week give mothers and babies the means to secure the minimum recommended omega-3 fatty acid intake**. Furthermore, consuming two servings of salmon each week during pregnancy will not boost oxidative stress.

The researchers assessed subjects split into two groups: the 'salmon group' consumed 2 servings of 'treated' salmon, under a controlled diet that consisted of special ingredients like vegetable oils and food as algae and zooplankton, from 20 weeks of gestation until term, and the control group maintained a regular diet.

According to the researchers, thanks to this special diet, **increased levels of omega-3 fatty acids along with high concentrations of antioxidant vitamins, such as vitamins A and E**, and selenium, were found in the salmon. Additionally, the team discovered that the biomarkers for lipid oxidation and oxidative damage to deoxyribonucleic acid (DNA) remained unchanged after the salmon was consumed.

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