

Fish consumption may prolong life

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Consumption of fish and long-chain omega-3 fatty acids was associated with lower risks of early death in a *Journal of Internal Medicine* study.

In the study of 240,729 men and 180,580 women who were followed for 16 years, 54,230 men and 30,882 women died. Higher fish and long-chain omega-3 fatty acid intakes were significantly associated with lower total [mortality](#). Comparing the highest with lowest quintiles of fish intake, men had 9% lower total mortality, 10% lower cardiovascular [disease](#) mortality, 6% lower cancer mortality, 20% lower respiratory disease mortality, and 37% lower chronic liver disease mortality, while women had 8% lower total mortality, 10% lower cardiovascular disease mortality, and 38% lower Alzheimer's disease mortality.

Fried fish consumption was not related to mortality in men, whereas it was associated with increased risks of mortality from all causes, cardiovascular disease, and respiratory disease in women. Long-chain omega-3 fatty acid intake was associated with 15% and 18% lower cardiovascular disease mortality in men and women, respectively, when comparing the highest and lowest quintiles.

More information: *Journal of Internal Medicine* (2018). [DOI: 10.1111/joim.12786](#)

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