

Forage Fish Can Save Lives

VOCABULARY WORDS

1. forage (verb) /'fɔːrɪdʒ/ - To search for food or provisions.
Example: Animals often forage in the wild for food.
2. polyunsaturated (adjective) /ˌpɒl.i.ʌn'sætʃ.ə.reɪ.tɪd/ - Containing several double or triple bonds between carbon atoms.
Example: Polyunsaturated fats are considered healthy fats.
3. projected (adjective) /prə'dʒekt.tɪd/ - Estimated or forecasted based on current trends.
Example: The projected population growth indicates significant increases in urban areas.
4. scenarios (noun) /sɪ'nɑːr.i.əʊz/ - Imagined sequences of events, especially as used in planning or forecasting.
Example: The company developed multiple scenarios to prepare for future challenges.
5. plentiful (adjective) /'plɛn.tɪ.fəl/ - Present in large quantities; abundant.
Example: Freshwater is plentiful in the region, supporting agriculture and wildlife.
6. carbon footprint (noun) /'kɑːr.bən 'fʊt.prɪnt/ - The total amount of greenhouse gases produced by human activities, measured in units of carbon dioxide.
Example: Reducing our carbon footprint can help mitigate climate change.
7. consumption (noun) /kən'sʌmp.jən/ - The act of using up resources or goods.
Example: The consumption of processed foods has increased globally.



Swapping red meat for certain types of fish like anchovies, herring, and sardines could save up to 750,000 lives a year in 2050, according to a new study. Researchers from Japan and Australia say this change could have the biggest impact on health in poorer countries. These fish are known as "forage fish" — small creatures that are eaten by larger fish. But people are missing out on their health benefits, according to the study.

Many of the forage fish caught in our oceans are made into fish oil, which is mostly used in fish farming. Forage fish are rich in polyunsaturated fats, which may help prevent heart disease, and they're also high in calcium and vitamin B12. However, eating red and processed meats has been linked to an increased risk of heart disease and some cancers.

The researchers used data for projected red meat consumption in 2050 for more than 130 countries and historical data on the amount of forage fish caught in the past. For each country, they modeled different scenarios to determine the effect of replacing red meat with the potential supply of forage fish on diet-related diseases.

Forage fish are cheap and plentiful in some parts of the world, but the research team noted that there wouldn't be enough to replace red meat completely. At best, forage fish could only replace about 8% of the world's red meat. Despite this limitation, the researchers found that even increasing fish consumption by this amount could help prevent between 500,000 and 750,000 deaths in 2050.

A scenario where forage fish are provided to poorer countries with high levels of heart disease could have a particularly strong effect, the authors wrote. They added that forage fish also have a much smaller carbon footprint than red meat, so the planet would benefit as well.

DISCUSSION

1. How could public awareness campaigns help promote the benefits of eating forage fish?
2. What challenges might arise in trying to increase the consumption of forage fish globally?
3. How can policymakers support the shift from red meat to forage fish in poorer countries?
4. What other sustainable food sources could help reduce diet-related diseases and carbon footprints?
5. How might the fishing industry need to change to accommodate increased demand for forage fish?
6. What role do cultural preferences play in dietary changes, and how can they be addressed?
7. How can scientific studies like this one influence global health and environmental policies?