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Fish and omega-3 intake and health in older people

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Epidemiological studies have linked fish consumption with increased longevity and improvements in age-related conditions such as cognitive decline and cardiovascular disease (CVD) [1-3]. Fish is a rich source of eicosapentaenoic acid (EPA) and docosahexanoic acid (DHA), marine-derived omega-3 polyunsaturated fatty acids (PUFAs) which are the suggested mediator of such health benefits. However, fish is also a source of other nutrients which are important for healthy ageing such as protein, calcium, iron and vitamin E and D. Whether benefits of omega-3 PUFAs can be obtained via supplementation as opposed to consuming fish as part of the usual diet is still not fully understood. Further, whether these health benefits are obtained when high intakes of fish and/or supplements commenced in older adulthood as opposed to over the lifespan is also of interest. In the past 12-months, several large and high-quality studies on this topic have been published.

Prevention and treatment of cognitive decline

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