

European Association of Fish Producers Organisations



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Mr. Joe Borg
Commissioner for Fisheries and Maritime Affairs
European Commission
B-1049 Brussels

Subject: Promoting health and nutritional benefits from fish and shellfish.

The EAPO wishes to express its opinion on the Green Book in relation to the promotion of a health diet.¹ On the 15th February 2006, the ACFA Market Group dealt with the health advantages from consuming fish and shellfish. At the meeting a number of reports and conclusions at international conferences were put forward whereby cardiovascular advantages derived from sustained fish consumption were highlighted.

On the other hand, the Green Book on healthy diet states that “preventing overweight and obesity implies an integrated approach to fostering health...” with a commitment to pursue health objectives through other Community policies (e.g. agricultural, fishery ...).

There are already “green books” on health in some Member States which recommend increasing consumption of fish and shellfish.

The EAPO believes that the Commission should address health and healthy diet objectives through the Common Fisheries Policy by presenting advantages for health from consuming fish and shellfish.

Community consumers should be aware of a compilation of the existing scientific studies on this subject by means of a Commission’s Communication and encourage the consumption of fish and shellfish as a factor to preventing overweight and cardiovascular diseases.

Consequently Mr. Commissioner, based on the Community principle of preference the EAPO considers that the Directorate General for Fisheries should approach such an important issue for health which could save thousands of lives in the future.

Yours faithfully,

José A. Suárez-Llanos
President

¹ COM(2005)637 final

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