

# Scientific Advisory Committee on Nutrition

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**Paper for Information: Fish Intra Committee Subgroup SACN / COT**

**Agenda Item 6**

**Please see attached paper for information**

## **Background**

Advice was requested by the Committee on Toxicity (COT) on the nutritional benefits of fish consumption to inform risk assessment on mercury in fish and dioxins in fish oil supplements for their meeting on the 18 June 2002. The paper SACN/02/12 which summarised the nutritional benefits of fish consumption was passed to members for discussion at the SACN meeting in June 2002.

Following the SACN and COT deliberations on fish in 2002, the Agency agreed that there was a need to seek expert advice on the benefits and risks of oily fish consumption. This would help clarify the advice on fish consumption to consumer. The Chairs of SACN and COT were approached and it was agreed that a joint SACN / COT subgroup would be convened to consider the matter. Following discussion with the Chairs it was agreed that the subgroup would comprise of the following:

### SACN members

**Professor Alan Jackson**

**Dr Tim Key**

**Professor Christine Williams**

### COT members

**Professor Ieuan Hughes**

**Professor Ian Rowland**

**Professor J Kevin Chipman**

The group were invited to approach this issue with the following aims:

- To bring together the nutritional considerations from SACN on fish consumption and the COT considerations on the toxicology of contaminants in fish.
- To weigh the nutritional benefits against possible risks and to develop sensible dietary advice for the public on consumption of fish, with particular reference to oily fish.

The group will meet on 30 June.

Members will be kept up to date with progress.