



Plenary sitting

B8-0098/2017

9.1.2017

MOTION FOR A RESOLUTION

pursuant to Rule 133 of the Rules of Procedure

on the health risks for Europeans of excess omega-3 fatty acid consumption

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Motion for a European Parliament resolution on the health risks for Europeans of excess omega-3 fatty acid consumption

The European Parliament,

- having regard to Article 168 of the Treaty on the Functioning of the European Union,
- having regard to Rule 133 of its Rules of Procedure,
- A. whereas omega-3s are polyunsaturated fatty acids which are found in particularly large amounts in oily fish, and the supposed benefits of which have been shown in a number of studies;
- B. whereas several recent studies, including one conducted, inter alia, by Michigan State University (USA), the findings of which were published on 30 September 2013, have highlighted potentially harmful effects produced by omega-3 fatty acids, as they cause changes, in particular, in the immune system;
- C. whereas the periodical *Science*, in its September 2015 edition, carried research about the genetic specificity of Inuit populations who had developed resistance to fatty acids and fish-oil derivatives, and whereas, given that most Europeans' genomes differ from those of the Inuit, consuming omega-3 fatty acid in large amounts as a preventive health measure could be a factor in cardiovascular diseases;
- 1. Encourages the Commission to introduce recommendations for Europeans on omega-3 consumption and to raise awareness about its potential risks.