

Babies learning ability affected by eating fish

By **Birmingham Science News Examiner**, Paul Hamaker
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Eating oily fish and canned fish during pregnancy can result in a delay in childrens cognition, memory and verbal abilities according to research from the University of Granada published November 13, 2009, in the scientific journals Environmental Research, Journal of Epidemiology and Community Health, Science of the Total Environment and Gaceta Sanitaria. The cause is mercury. The effect can begin during pregnancy if the mother eats certain kinds of fish.

The study found that mothers and children who consume more fish have a higher concentration of mercury and thus the potential for slower learning skills. The effect of a variety of pollutants was also studied including trihalomethanes, NO2, polycyclic aromatic hydrocarbons, and mercury.

The subjects were 220 children aged 4 from various areas of Spain. Children from Granada

had higher levels of mercury because they eat more fish. White fish is less harmful.

The levels of mercury were comparatively low but the long term effects are the major concern.

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