

SHARK FIN SOUP

RISK TO HUMAN HEALTH

Shark fin soup is traditionally served at special occasions as a symbol of luxury and hospitality. Shark fins themselves are tasteless and offer little nutritional value. They contain high levels of methylmercury and other dangerous toxins that can be fatal in large quantities. Over time, even at relatively small doses they can cause significant health problems for consumers—including damage to the brain, heart, kidneys, lungs, and immune system. These effects are especially pronounced in unborn babies and young children.

Mercury from human sources (primarily the burning of fossil fuels) enters the ocean and is converted to methylmercury, a powerful neurotoxin. Methylmercury is then ingested by living organisms. At each successive level in the food chain, the methylmercury content in the flesh of the animal is concentrated. Fish near the top of the food chain, such as sharks and swordfish, contain the highest concentrations of this neurotoxin.

In addition, a Florida study indicated that neurotoxin β -N-methylamino-L-alanine (BMAA) was found in the fins of all shark species examined. BMAA has been associated with the development of Alzheimer's disease and other neurodegenerative problems.



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Consuming shark fin products is bad for your health. It is also bad for the environment: Demand for shark fin soup is driving sharks to extinction and destabilizing marine ecosystems.



Jan Sochor

YOU CAN PROTECT YOUR HEALTH AND HELP SHARKS BY CHOOSING NOT TO CONSUME SHARK FIN SOUP

Thank you for your time! Learn more about our efforts to protect sharks at awionline.org.

Questions? Please contact Susan Millward of the Animal Welfare Institute at (202) 446-2123 for more information.

鱼翅汤

对人类健康的危害

作为奢华和好客的象征，鱼翅汤传统上在特殊场合供应。然而鱼翅本身并无味且几乎没有营养价值。鱼翅含有高含量的甲基汞和其他毒素，如果大量摄入则可能致命。即使每次的食用量较小，若持续食用，鱼翅也可能对消费者造成严重的健康问题，包括对脑、心脏、肾脏、肺和免疫系统的损害。这些影响在未出生的婴儿和幼儿中尤为明显。

来源于人类活动（主要是燃烧化石燃料）的汞进入海洋，并转化为甲基汞这种危害极大的神经毒素。甲基汞随后被海洋中的生物摄取。随着在食物链中位置的上升，动物肌肉中的甲基汞含量逐步浓缩。鲨鱼和箭鱼等食物链顶部的鱼则含有最高浓度的这种神经毒素。

此外，佛罗里达州的一项研究表明，所有调查的鲨鱼鳍中都发现了神经毒素 β -N-甲基氨基-L-丙氨酸（BMAA）。BMAA与阿尔茨海默症和其他神经退行性疾病的产生有关。



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食用鱼翅产品不仅对您的健康有害，对环境也十分不利：对鱼翅汤的需求正在导致鲨鱼的灭绝及海洋生态系统稳定性的破坏。



Jan Sochor

您可以选择不食用鱼翅汤来保障自己的健康并保护鲨鱼

感谢您的时间！请在AWIONLINE.ORG网站上了解更多有关我们为保护鲨鱼所做的努力。

任何问题？有关更多信息，请致电 (202) 446-2123 与
Animal Welfare Institute 的 Susan Millward 联系。