

鯊魚魚翅湯--如何影響您和環境的健康

Shark Fin Soup – How it impacts your health and the health of the environment

认识误区：魚翅湯是營養品，有益於人体的健康。

Myth: Shark fin soup is a nutritious food that is healthy for the human body.

事實：鯊魚體內汞的含量是所有魚類中最高的。汞對人體有害，會導致許多健康問題。

Fact: Sharks contain the highest levels of mercury than any other fish. Mercury is toxic to humans and can cause many health problems.

- 聯合國糧食及農業組織的資料表明，100 克幹魚翅針所含的營養成分如下：
According to the Food and Agriculture Organization of the United Nations, the nutritional composition of 100 g of dried sharks' fin needles is as follows:

水	14.0 克	Water	14.0g
蛋白質	83.5 克	Protein*	83.5g
脂肪	0.3 克	Fat	0.3g
碳水化合物	0.0 克	Carbohydrate	0.0g
灰	2.2 克	Ash	2.2g
纖維素	0.0 克	Fibre	0.0g
鐵	15.2 毫克	Iron	15.2mg
鈣	146.0 毫克	Calcium	146.0mg
磷	194.0 毫克食物能	Phosphorus	194.0mg
量	337 千焦	Food energy	337kcal

來源：食物成分表，人民衛生出版社，北京

Source: Food Composition Tables, People's Health Publication, Beijing

- 鯊魚體內的蛋白質缺乏關鍵的氨基酸色氨酸。魚翅中該色氨酸的缺乏使得蛋白質不完整因而難以被人體吸收。The protein of shark fin lacks the essential amino acid Tryptophan. The lack of tryptophan in shark fins, makes the protein incomplete and thus difficult for humans to absorb.
- 美國環境保護局曾經發出這樣警告婦女和兒童：**不要吃鯊魚，旗魚，鱈王魚和方頭魚，因為它們體內含有大量汞。**其他國家，包括，日本，澳大利亞，新西蘭也曾就汞接觸和食用海鮮發出類

似的警告。In the United States, the Environmental Protection Agency has issued this warning to women and young children: **Do not eat Shark, Swordfish, King Mackerel, or Tilefish because they contain high levels of mercury.** Other countries, including Japan, Australia and New Zealand, have issued similar warnings about mercury exposure and seafood consumption.

- 泰國科學技術研究院對鯊魚翅做過實驗，結果表明大多數樣品汞含量相當高。The Thailand Institute of Scientific and Technological Research tested shark fins and found that the majority of the samples contained extremely high levels of mercury.

- **什麼是汞和甲基汞？**

汞天然存在於環境中並可通過工業污染被排放到大氣中。從空氣中降落的汞會積累在在河流和海洋中，變成水中的甲基汞。正是這類汞對未出世的嬰兒和兒童有害。由于魚類在這些水域里取食，它們會吸收甲基汞，因此甲基汞也在它們體內逐漸積累。某些魚類體內的甲基汞比其他的魚類和貝類多，這取決於這些魚以什麼為食物，正是這一原因使魚體內的汞含量不同。

What is mercury and methylmercury?

Mercury occurs naturally in the environment and can also be released into the air through industrial pollution. Mercury falls from the air and can accumulate in streams and oceans and is turned into methylmercury in the water. It is this type of mercury that can be harmful to your unborn baby and young child. Fish absorb the methylmercury as they feed in these waters and so it builds up in them. It builds up more in some types of fish and shellfish than others, depending on what the fish eat, which is why the levels vary.

- **所有的魚類的貝類體內都含有甲基汞嗎？**

幾乎所有的魚類和貝類都含有甲基汞。然而，體積大的和壽命長的魚，由於在體內積累汞的時間最長，含量也最高。這些魚類（旗魚，鯊魚，鯖魚和方頭魚）在汞含量上構成的危害也最大。其它魚類可參照美國食品及藥物管理局和環境保護局建議的數額來食用。許多鯊魚的壽命都很長。據估算一些鯊魚種類能存活 50 年以上，因此體內積累的汞數量也有可能超過健康所允許的範圍。

Is there methylmercury in all fish and shellfish?

Nearly all fish and shellfish contain traces of methylmercury. However, larger fish that have lived longer have the highest levels of methylmercury because they've had more time to accumulate it. These large fish (swordfish, shark, king mackerel and tilefish) pose the greatest risk. Other types of fish and shellfish may be eaten in the amounts recommended by FDA and EPA. Many sharks are long-lived. It is speculated that some species can live for 50 years or more therefore they have the potential to accumulate unhealthy amounts of mercury.

汞中毒的後果包括神經問題，感官缺陷（視覺，聽覺和說話能力），男性不育，感覺障礙和缺乏協調能力。症狀的不同和程度取決於汞接觸的方法和時間。

Effects of mercury poisoning include neurological problems, sensory impairment (vision, hearing, and speech), male infertility, disturbed sensation and a lack of coordination. The type and degree of symptoms exhibited depend upon the method and duration of exposure.

认识误区： 鯊魚是殘忍的殺人動物。

Myth: Sharks are cruel animals which kill many people.

事實： 雷擊和自动贩卖機比鯊魚殺死更多的人。人類每年以殘酷的方式殺死數以百萬計的鯊魚。

Fact: Lightning strikes and soda machines kill more people than sharks. Humans kill millions of sharks globally every year in a cruel way.

- 在統治了海洋 4 亿 5 千萬年以後，許多鯊魚物種目前由於人類的无度捕撈而瀕臨滅絕。由於魚翅昂貴，許多漁民在鯊魚還活著時切斷鯊魚的鰭，然後把鯊魚體扔回海內，任其在水中慢慢死去。這是浪費肉類，而許多人都依賴這一消費食品。這也是十分殘忍的。After 450 million years of ruling the oceans, many shark species now face extinction due to human fishing pressure. Because shark fins are so expensive, many fishermen cut off the fins of a shark while the shark is still alive and then throw the body of the shark back in the water to die slowly. This is a waste of meat, which many people depend on for food, and is also extremely cruel.
- 根據國際鯊魚攻擊檔案的全球鯊魚襲擊摘要，2008 年人類因被鯊魚無端攻擊而造成的死亡事故只有四起。相對於預計 3800 萬到 7300 萬只因為魚鰭而被殺害的鯊魚，顯然人類對鯊魚構成了更大的威脅。大部分的鯊魚很和善友好，在近 400 個品種中只有 3 種被證實對人類的攻擊負責。According to the International Shark Attack File's Worldwide Shark Attack Summary, there were only four fatalities resulting from unprovoked shark attacks in 2008. Compared to the estimated 38-73 million sharks that are killed for their fins annually, it is clear that humans are a bigger threat to sharks. Most sharks are very gentle and friendly and out of nearly 400 species, only three have been identified as being responsible for attacks on humans.

认识误区： 鯊魚位于食物鏈的最上層，因此殺死他們可以保護海洋里的其他物種。

Myth: Sharks are top predators so the killing of them can protect other species in the ocean.

事實： 過度捕撈鯊魚，不僅對鯊魚種群有害，而且對海洋里的所有生命都沒有益處。

Fact: Overfishing sharks is not only bad for shark populations but bad for all life in the oceans.

- 鯊魚在世界上許多海域里位于食物鏈的最上層，他們的消失可能會導致許多其他物種的消亡，其中包括貝殼類的海鮮。由於鯊魚在食物鏈的上層，他們捕食病弱獵物的同時，增強了這些物種的品質。Sharks are top predators in many of the world's oceans so their disappearance can lead to the loss of many other species, including popular seafood such as shellfish. Since sharks are

at the top of the food web, they strengthen prey populations by feeding on the sick and the weak, thereby maintaining the genetic quality of these species.

您可以選擇不食用鯊魚魚翅湯來保護您的健康和幫助鯊魚。

感謝您的時間！

有任何問題嗎？



You can protect your health and help sharks by choosing not to consume shark fin soup.

Thank you for your time!

Any questions?

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