

## Re: sardine and anchovy PUFA content

**Source:** <http://sci.tech-archive.net/Archive/sci.med.nutrition/2004-08/2059.html>

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**From:** The Sceptical Chymist (*polyzoni\_at\_otenet.invalid*)

**Date:** 08/28/04

Date: Sat, 28 Aug 2004 13:24:22 +0300

The Sceptical Chymist <polyzoni@otenet.invalid> wrote in message  
cgno2g\$R59\$1@usenet.otenet.gr...

>I'm looking to compare the PUFA content of sardines and anchovies. I found

>the info I needed on anchovies in the USDA database but for sardines they

>only list canned ones.

>Anyone knows where I can find the FFA profile of raw sardines.

>

>Cheers

>

>Kostas Polyzonis

Thanks to everybody who replied, especially Frank Logullo who provided an interesting link.

I'm just looking for some variety in my diet. Grilled salmon stake once a week is fine but I thought I'd try some more fishes. Sardines and european anchovies are two I can get fresh in the local market, so I wanted to get a semi-quantitative feel for their omega-3 content.

As to whether sardines is a species or not you might find the following article interesting:

<http://www.washingtonpost.com/wp-dyn/articles/A54441-2004May25.html>

Not exactly primary sources but well written and enlightening just the same...

Kostas Polyzonis

Anyone who believes that the laws of physics are mere social conventions is invited to try transgressing those conventions from the windows of my 7th floor apartment.

Alan D. Sokal

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