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Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2007-02/msg00355.html>

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 - *Date:* 12 Feb 2007 09:40:03 -0800
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Pickling is mostly done with vinegar, sugar and salt and other spices, so I was wondering why pickled foods are considered unhealthy. I enjoy pickled herring and I would like to know exactly why this is bad for you. I would think it's healthy with lots of omega 3 oils, being a fatty fish. Can someone please enlighten me?

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