

Re: Why are pickled food bad for you?

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- *From:* "TC" <[tunderbar@xxxxxxxxxxxx](mailto:tunderbar@xxxxxxxxxxxx)>
  - *Date:* 12 Feb 2007 11:12:32 -0800
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On Feb 12, 11:40 am, "blondelle" <[sheel...@xxxxxxx](mailto:sheel...@xxxxxxx)> wrote:

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?

It is a great way to preserve fatty fish and fatty foods containing copious amounts of omega 3s and other assorted essential fatty acids and fat soluble vitamins. So is salting and/or drying.

TC

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