

# Experts say sushi is wrecking the environment and our health



[Ellen Scott for Metro.co.uk](#) Friday 13 Jan 2017 12:06 pm



Sorry to put a bit of a dampener on your lunch plans, but if you were thinking of a trip to Wasabi or YO! Sushi, listen up: STOP EATING SUSHI.

wo marine biology experts have officially asked people to please relax on the raw fish and rice.

Why? Because they reckon sushi is to blame for depleting tuna supplies. *And* they believe that a lot of the sushi we're served in the UK contains microbeads. Which isn't great.

Professor Daniel Pauly and Dr Dirk Zeller, from the University of British Columbia in Canada, say that bluefin and yellowfin tuna populations have reached 'crisis' levels.

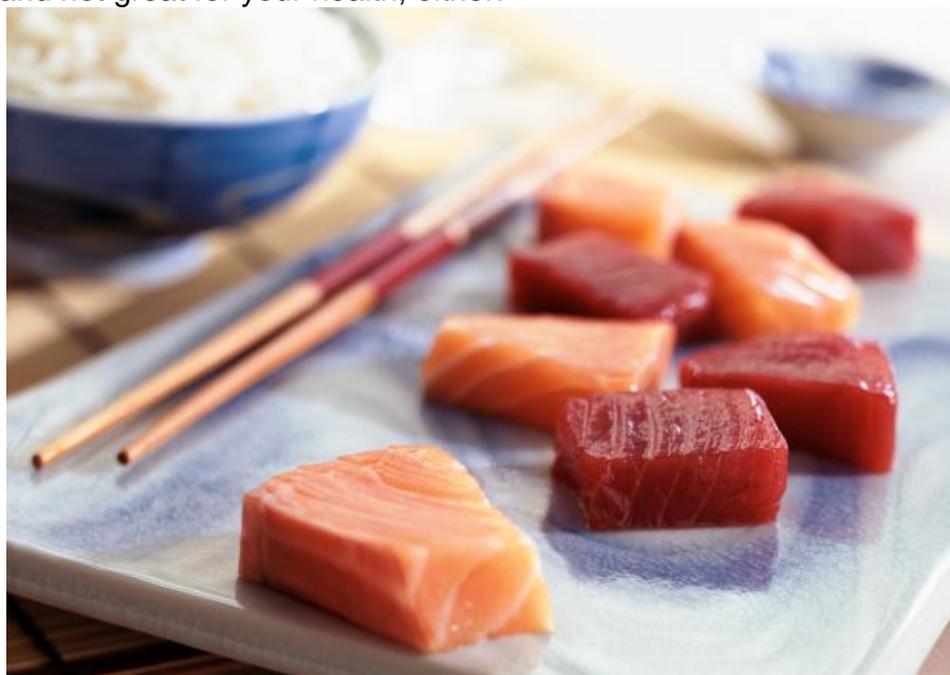


(Picture: Getty)

They say that sushi's trendy reputation as the healthy, omega-3 packed option has made us all eat loads of the stuff, causing supplies of tuna to dwindle.

According to Professor Pauly, we have just two to three per cent of the fish population we had 200 years ago. If we continue at this rate, it seems likely we'll wipe tuna out entirely.

Adding to the raw fish related doom and gloom is Professor Pauly's claim that high-street restaurants serve sushi that contains plastic microbeads – which are terrible for the environment and not great for your health, either.



(Picture: Getty)

And to make things even worse, a new study from UCLA and Loyola Marymount University recently found that 47% of sushi sold in LA is mislabeled with the wrong type of fish. So you might not even be eating the fish you think you are.

The experts' advice? Skip the fancy sushi and opt for 'less glamorous' fish such as anchovies and sardines. You know, the old reliables, who don't think they're too good for you and aren't at high risk of dying out any time soon.

Link: <http://metro.co.uk/2017/01/13/experts-say-sushi-is-wrecking-the-environment-and-our-health-6379333/>