

A Hearty Life

SHE MARRIED HIM??!!



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[Pork with Omega-3 Fatty Acids](#)

By Hsien-Hsien Lei, PhD | Related entries in [Hearty Diet](#), [Hearty Research](#)



Harvard University researchers have succeed in making cloned pigs that produce omega-3 fatty acids, typically found in fish. Omega-3 fatty acids have been associated with lowered risk of heart disease and the [American Heart Association](#) recommends eating fatty fish at least two times a week. Genetically engineering pigs to produce omega-3 fatty acids isn't too far off the mark. Pigs with their own omega-3 fatty acids already exist in nature, e.g., a Spanish breed called Ibérico.

While the FDA has not approved any genetically modified animals for use as human food, researchers are confident that food with added nutrients will help us live longer, healthier lives. Dr. Jing X. Kang, an associate professor of medicine at Harvard Medical School, is also developing cows that make omega-3's in their milk and chickens that have the fatty acids in their eggs.

In support of genetically modified (GM) food, Alexander Leaf, an emeritus professor of clinical medicine at Harvard:

People can continue to eat their junk food. You won't have to change your diet, but you will be getting what you need.

Wow. That would be a dream come true.

ETA: [Christina](#) asked whether pork containing omega-3 fatty acids could be safer than fish. Depends on