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ICAR-CMFRI confirms Indian coast tuna safe to eat



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You can rest assured that tuna caught along the Indian coast is safe to eat for its health benefits. This green light is from the ICAR-Central Marine Fisheries Research Institute (ICAR-CMFRI) after reports indicating parasites in this species of fish.

It said tuna caught along the Indian coast do not show any harmful parasite infestation and are safe to consume as a healthy diet.

CMFRI advised consumers not to avoid tuna or other commercially available fish solely based on reports of parasitic infections detected in fish from a particular region. The advisory came in the wake of reports highlighting the presence of parasites in skipjack tuna based on a study conducted on fish from the Atlantic Ocean off Brazil.

"Scientists at CMFRI examine fish, including skipjack tuna, as part of fish biology studies and observe fish for abnormalities and parasites whenever necessary. The fish examined do not show external manifestations of harmful parasitic", said Dr Grinson George, Director of the institute.