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https://www.100test.com/kao_ti2020/123/2021_2022__E5_86_99_E4_BD_9C_EF_BC_9AG_c86_123886.htm 7 5、The following appeared as part of an article in a health magazine. "A new discovery warrants a drastic change in the diets of people living in the United States. Two scientists have recently suggested that omega -3 fatty acids (found in some fish and fish oils) play a key role in mental health. Our ancestors, who ate less saturated fat and more polyunsaturated fat, including omega -3 fatty acids, were much less likely to suffer from depression than we are today. Moreover, modern societies---such as those in Japan and Taiwan---that consume large quantities of fish report depression rates lower than that in the United States. Given this link between omega -3 fatty acids and depression, it is important for all people in the United States to increase their consumption of fish in order to prevent depression."

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