



LIVING WORLD LECTURE
FRIDAY NOVEMBER 16, 2018, 7:30 P.M.
STONY BROOK UNIVERSITY
EARTH AND SPACE SCIENCES LECTURE THEATER 001

NOTED AUTHOR PAUL GREENBERG

The Omega Principle: Seafood and the Quest for a Long Life and a Healthier Planet

Our special presentation, by the bestselling author of *Four Fish* and *American Catch*, an eye-opening investigation of the history, science, and business behind omega-3 fatty acids, the “miracle compound” whose story is intertwined with human health and the future of our planet

Omega-3 fatty acids have long been recommended by doctors and dieticians as key to a healthy heart and a sharper brain. In the last few decades, one of America’s most popular dietary supplements - Omega-3s - are today a multi-billion dollar business, and sales are still growing apace—even as recent medical studies caution that the promise of omega-3s may not be what it first appeared.

But a closer look at the omega-3 sensation reveals something much deeper and more troubling. The miracle pill is only the latest product of the reduction industry, a vast, global endeavor that over the last century has boiled down trillions of pounds of marine life into animal feed, fertilizer, margarine, and dietary supplements. The creatures that are the victims of that industry seem insignificant to the untrained eye, but turn out to be essential to the survival of whales, penguins, and fish of all kinds, including many that we love to eat.

Behind these tiny molecules is a big story: of the push-and-pull of science and business; of the fate of our oceans in a human-dominated age; of the explosion of

land food at the expense of healthier and more sustainable seafood; of the human quest for health and long life at all costs. James Beard Award-winning author Paul Greenberg probes the rich and surprising history of omega-3s—from the dawn of complex life, when these compounds were first formed; to human prehistory, when the discovery of seafood may have produced major cognitive leaps for our species; and on to the modern era, when omega-3s may point the way to a bold new direction for our food system. With wit and boundless curiosity, Greenberg brings us along on his travels—from Peru to Antarctica, from the Canary Islands to the Amalfi Coast—to reveal firsthand the practice and repercussions of our unbalanced way of eating.

Rigorously reported and winningly told, *The Omega Principle* is a powerful argument for a more deliberate and forward-thinking relationship to the food we eat and the oceans that sustain us.

About Paul Greenberg

The James Beard Award-winning author of the New York Times bestseller *Four Fish* lectures widely on ocean sustainability, the culinary history of fish and shellfish and the many complex health issues surrounding seafood consumption. A TED speaker with over a million views, a Pew Fellow in Marine Conservation and the Writer-in-Residence at the Safina Center, Mr. Greenberg has completed his book about omega-3 fatty acids as well as a PBS Frontline documentary airing nationally.