Even though insects are a delicacy in some parts of the world, to many people, the thought of eating them is downright disgusting.

The Mexican researcher, working in the Netherlands, said insects are a great source of heart healthy omega-3 fatty acids. Fish are the main source of omega-3 oils, but environmentalists say over-fishing is depleting the oceans.

Backing up the increased reliance on insects is the United Nations Food and Agriculture Organization. In a 2013 report, the UN agency endorsed the cultivation of bugs as a food source, saying it’s environmentally-friendly and could boost the world’s food production. Insects require little food to grow and experts say they yield more meat per kilogram than other protein sources. And there’s no shortage of protein-rich creepy crawlies, which also contain fat, vitamins, fiber and minerals.

But not all insects produce good oil. Cockroaches don't. But researchers say different bugs provide unique tastes and textures.

The bug oils must be tested to make sure they are safe to consume. But getting over the “ick factor” may be a bigger challenge.