

Fish as food

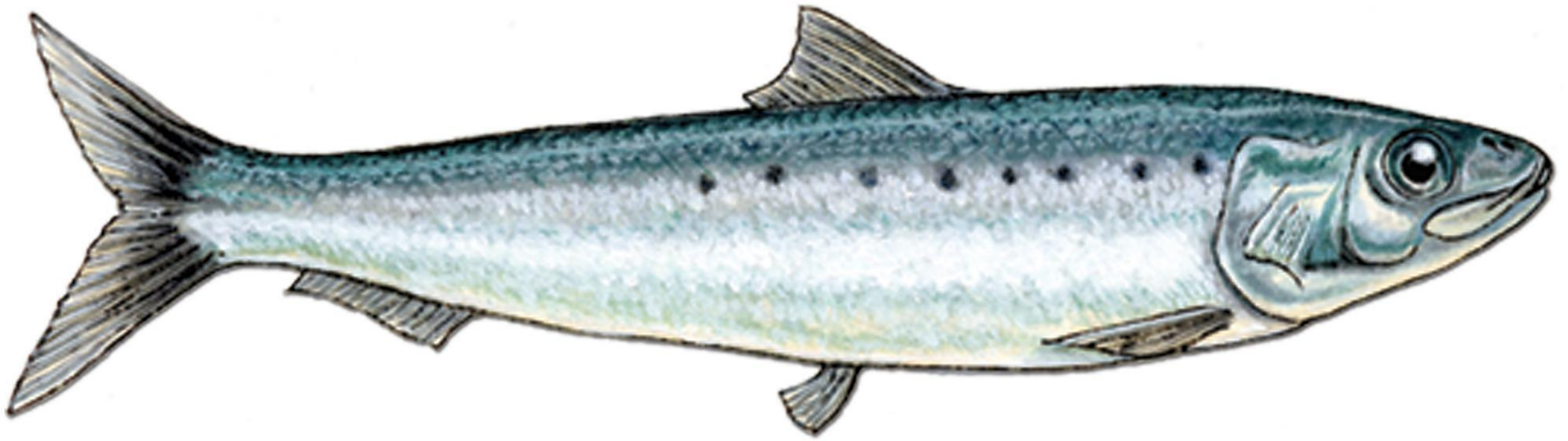


- Fish is consumed as a food by many species, including humans. It has been an important source of protein and other nutrients for humans throughout recorded history.
- In culinary and fishery contexts, the term fish can also include shellfish, such as molluscs, crustaceans and echinoderms.

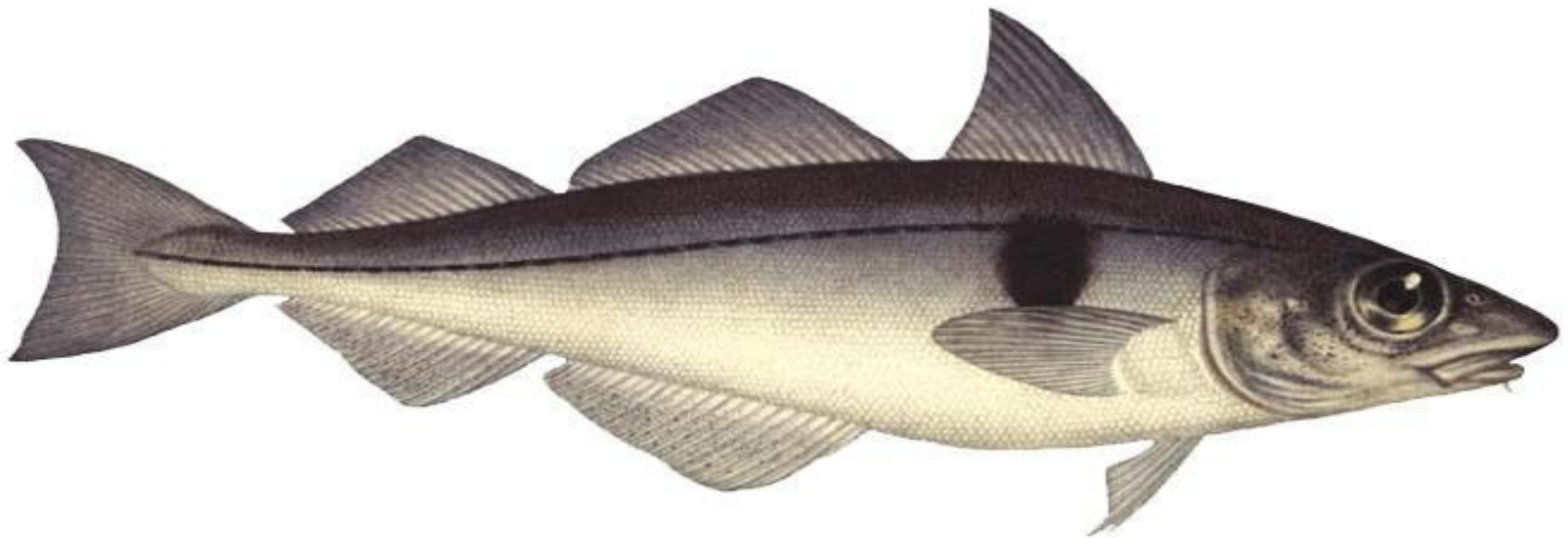




- ***Fish provides a good source of high quality protein and contains many vitamins and minerals.*** It may be classed as either whitefish, oily or shellfish. Whitefish, such as haddock and seer, contain very little fat (***usually less than 1%***) whereas oily fish, such as sardines, contain between ***10-25%***. The latter, as a result of its high fat content, contain a range of fat-soluble vitamins (***A, D, E and K***) and **essential fatty acids**, all of which are vital for the healthy functioning of the body.



sardine



haddock

- **Health benefits:**

- Research over the past few decades has shown that the nutrients and **minerals in fish, and particularly the omega-3 fatty acids** found in pelagic fishes, are heart-friendly and can make improvements in brain development and reproduction. This has highlighted the role for fish in the functionality of the human body.

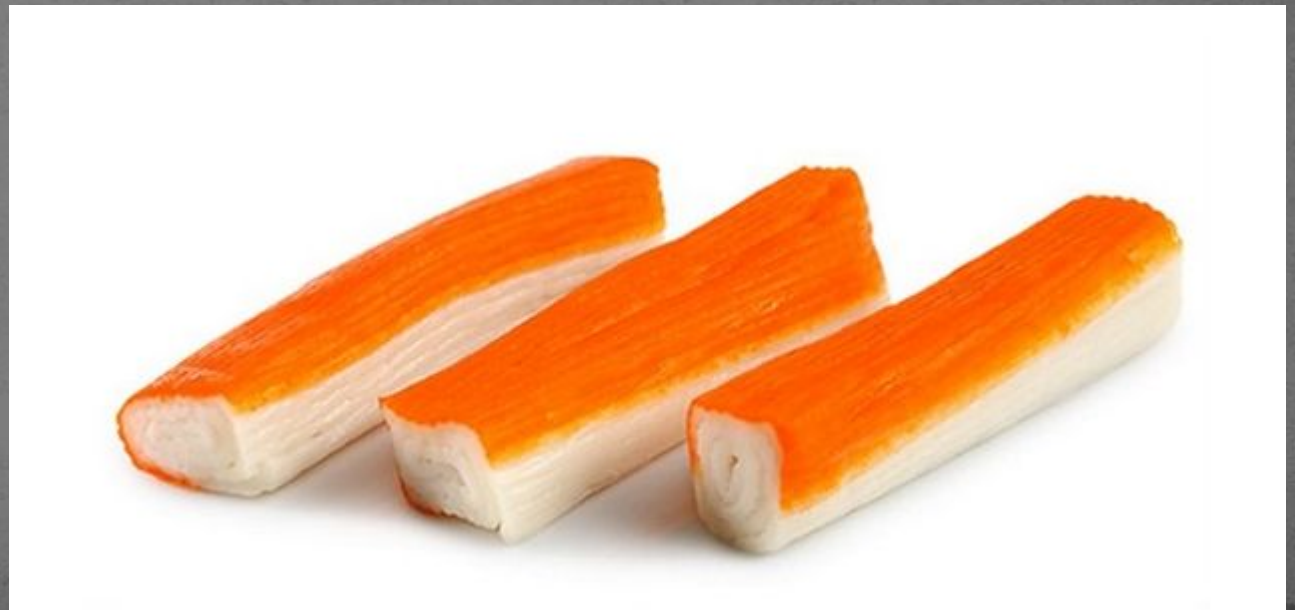


- *Fish and other aquatic organisms are also processed into various food and non-food products.*



Processed fish products

- Surimi refers to a Japanese food product intended to mimic the meat of lobster, crab, and other shellfish. It is typically made from white-fleshed fish (such as pollock or hake) that has been pulverized to a paste and attains a rubbery texture when cooked.



- *Fish oil is recommended for a healthy diet because it contains the omega-3 fatty acids, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), precursors to eicosanoids that reduce inflammation throughout the body.*



- **Fish meal** is made from both whole fish and the bones and offal from processed fish. It is a brown powder or cake obtained by rendering pressing the whole fish or fish trimmings to remove the fish oil. It used as a high-protein supplement in aquaculture feed.



- **Fish sauce** is a condiment that is derived from fish that have been allowed to ferment. It is an essential ingredient in many curries and sauces.



THE END