



Fish Give Big Gains in Nourishing Nations

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Benefits of Fish

- Diets low in fish and seafood responsible for 1% of the world's total burden of disease-related disabilityadjusted life years (DALYs) (Ezzati and Riboli 2013)
 - Low seafood consumption during pregnancy increases the risk of suboptimal neurodevelopmental outcomes, including cognition and fine motor skills (Hibbeln et al 2007)
 - Strong association between low stunting and fish intake (strongest of all food groups); 112,553 children aged 6-23 months from 46 countries (Headey et al 2017)

Small Fish: Rich in Multiple Essential Micronutrients

- Vitamin A (animal-source foods have the only preformed source, retinol; fish also has vitamin A2 – dehydroretinol, high bioefficacy)
- Vitamin B12 (animal-source foods are the *only* dietary source)
- Riboflavin
- Vitamin D (animal-source foods are the *only* dietary source)
- Vitamin E
- Bioavailable iron (animal-source foods are the only dietary source of haem iron)
- Bioavailable zinc, calcium, phosphorus, selenium, iodine ...







Fish for Nourishing Nations National Dietary Guidelines: Denmark

Focus on:

Essential fatty acids, selenium, iodine, vitamin D Reduced risk of cardio-vascular diseases

Warning on: Heavy metals in large predatory fish



Key Messages

- Small fish species are an irreplaceable source of multiple highly bioavailable micronutrients.
- Cognition, development and growth can be improved by increasing fish consumption in the first 1,000 days of life.
- Investments must focus on policies and strategies to increase the access to and intake of micronutrient-rich fish species.