



# Integration of Fish in Food Systems – Examples from Bangladesh

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# Nutrition-sensitive fish agri-food production systems

- Homestead pond polyculture: large and micronutrient-rich small fish; integration with vegetable and rice production
- Enhanced stocking of large and small fish in seasonal wetlands water bodies



# Social behaviour change for increasing fish consumption

- Increase knowledge on the nutrition and health benefits of fish
- Promote consumer demand for fish and fish products
- Engage all family members





# Development and piloting of fish products in the first 1000 days of life

- Fish chutney for pregnant and lactating women
- Fish powder to add to complementary foods and family foods



# Key Messages

- Promote increased supply of fish and other aquatic animals, using a nutrition-sensitive food systems framework.
- Promote the consumption of tasty, nutritious, safe, affordable and convenient aquatic foods in public nutrition and health programs, focusing on the first 1000 days of life.
- Influence global and national policy makers for policy change and interventions so that aquatic foods can nourish nations.