

Nutritious aquatic food

“Fish composition data – the missing piece to establish the big gains”

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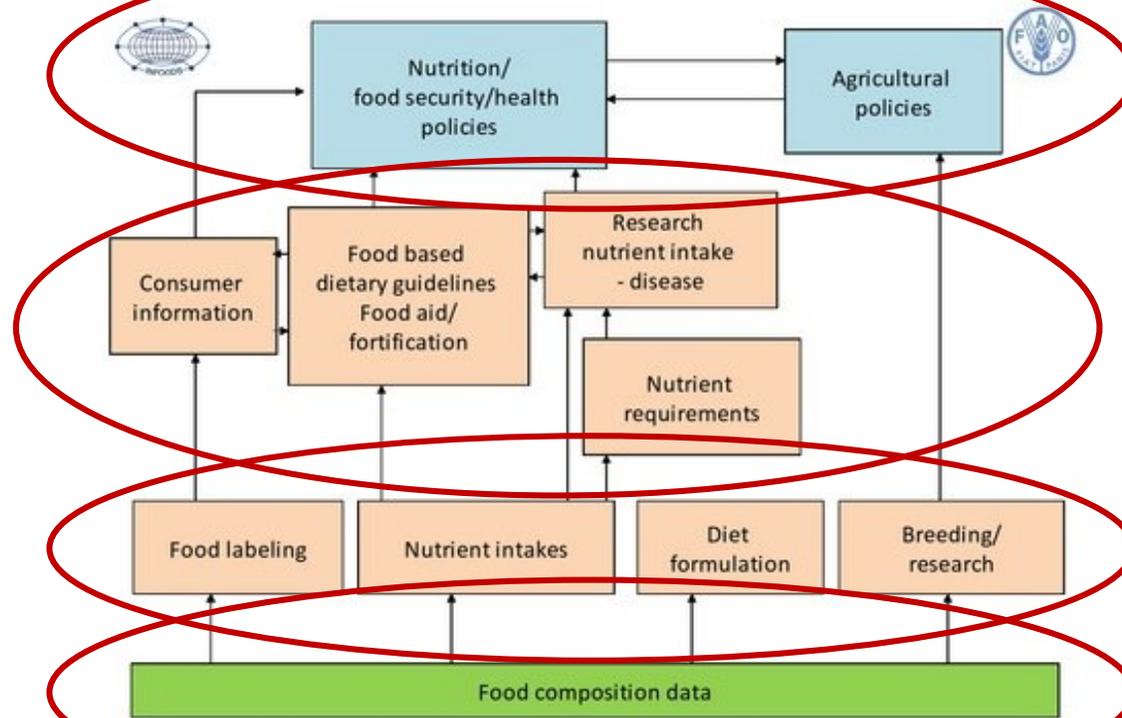
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Importance of Food Composition Data (on food as eaten)

Food composition data are the basis for almost everything in nutrition, and should receive more attention in agriculture to render our food supply more nutritious.



Source: U. Ruth Charrondiere

Food composition data - The Base for a Multitude of Nutrition Activities

“Relevant, reliable and up-to-date food composition data are of fundamental importance in nutrition, dietetics and health, but also for other disciplines such as food science, biodiversity, plant breeding, food industry, trade, and food regulation” Barbara Burlingame (FAO official)



Food composition data – iodine content in cod fillet

Which value is correct ???

93 $\mu\text{g}/100\text{g}$



260 $\mu\text{g}/100\text{g}$

119 $\mu\text{g}/100\text{g}$

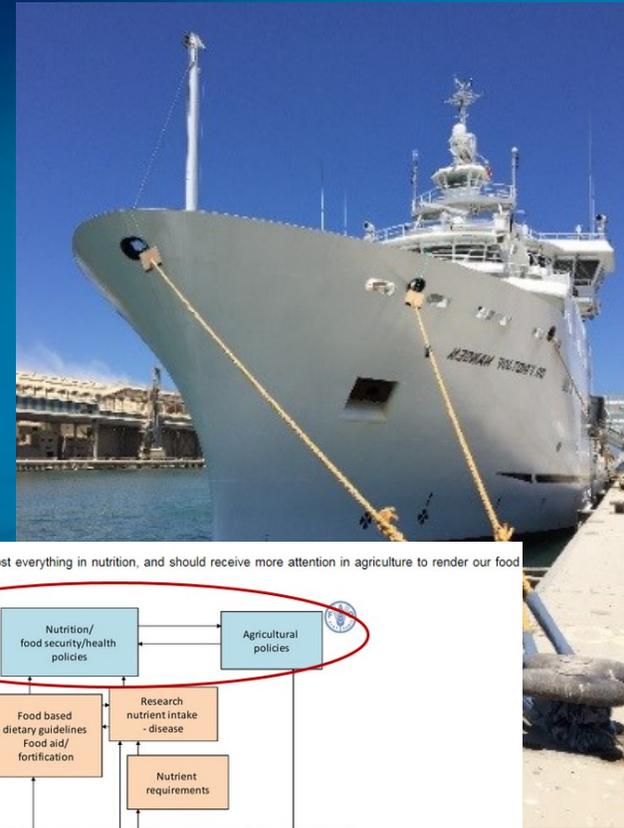
300 $\mu\text{g}/100\text{g}$

190 $\mu\text{g}/100\text{g}$

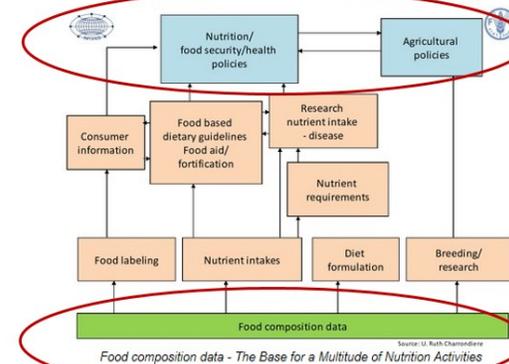


<http://www.fao.org/infoods/infoods/en/>
<https://nifes.hi.no/sjomatdata-3/>
<http://www.matvaretabellen.no/>
Nerhus et al (2018) Food Nutr Res 62

EAF Nansen – Collection of fish samples for analysis of nutrition and food safety



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Source: U. Ruth-Chambers
Food composition data - The Base for a Multitude of Nutrition Activities

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Conclusion

- Need data on nutrients (nutrition security)
- Need analysed values on prepared fish/fish dishes
- Data should be open access (INFOODS/FAO, sjomatdata.nifes.no)

