



Fish for Food Security and Improved Nutrition

Rich in Calcium, Iron, Zinc and Vitamin A

The importance of fish

Small fish eaten whole are particularly rich in calcium, iron and zinc and some in vitamin A which are more effectively absorbed than these nutrients in plants-source foods

Fish increase the absorption of iron and zinc from other foods in a meal

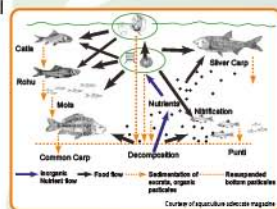


Opportunities

Small fish can be incorporated into small-scale and commercial aquaculture without affecting the production of large fish

Brood stock of small fish species can be collected from natural sources or ponds where they are available

Small fish breed in ponds, so harvesting of small amounts for household consumption can be practiced



How to ensure better nutrition

Vitamins and minerals are found in the head, organs and bones. Do not cut off the head while cleaning.

Cook small fish with vegetables, oil and spices and little salt, using medium heat

Encourage children to eat whole cooked small fish. Feed young children from 6 months of age cooked small fish paste, mixed with other foods e.g. vegetables, lentils and rice

