

FISH FOR THE IMPROVED NUTRITION SECURITY OF THE POOR

ISSUES




More than two billion people are estimated to be deficient in essential vitamins and minerals

Preschool-aged and pregnant and lactating women are particularly vulnerable



One of the direct causes of micronutrient deficiencies is the inadequate intake of fish, meat, fruits and vegetables

 **Rich in Calcium, Vitamin A, Iron and Zinc**



THE IMPORTANT ROLE OF FISH

-  Small fish eaten whole are particularly rich in calcium, vitamin A, iron and zinc, which are more effectively absorbed than those in plant-source foods
-  Fish has an enhancing effect on the absorption of iron and zinc
-  Small fish species can be used as a cost effective, food-based strategy to enhance micronutrient intakes of vulnerable people

OPPORTUNITIES

-  Improved management of wetlands and seasonal floodplains can lead to an increased fish production providing more fish and more income
-  Small fish can be incorporated into aquaculture – commercial and small scale – without affecting the production of large fish

IMPACT

-  Introducing small fish (*Amblypharyngodon mola*) in the 4 million small, seasonal ponds in Bangladesh can meet the vitamin A annual recommended intake of over 6 million children
-  A traditional Cambodian meal of rice and sour soup, made with 50g of the iron-rich small fish (*Esomus longimanus*) can meet 45% of the daily iron requirement of a woman

ACTIONS NEEDED

Develop and implement sustainable, low-cost technologies for management, conservation, production and accessibility of nutrient-rich small fish

More data on consumption, nutrient analyses, cleaning, processing and cooking methods of small fish

Advocacy, awareness and nutrition education on the benefits of small fish in diet diversity

Added investment in farmer organization, value chain development and better governance