BE SMART EAT FISH

A LITTLE FISH FEEDS A LOT OF PEOPLE
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Fish is one of the most nutritious foods you can find. It is a good source of protein, minerals and vitamins for all the family. All types of fish are good but small fish, eaten whole are the best! Even a small amount of whole small fish, whether fresh or dried, is an excellent source of nutrients that can be lacking in maize flour, rice, cassava and other starchy foods. So a combination of small fish and starch is highly nutritious.

Fish is a great way to keep your family healthy, because it contains:

- **Omega-3 fatty acids** improves brain function and decrease the risk of mental illnesses, heart disease, arthritis, cancer, anaemia and diabetes. The inclusion of plentiful EPA* in your diet has positive effects on coronary heart disease, high blood pressure, and inflammation. DHA* improves learning ability.
- **Vitamin A** improves eyesight, immunity, reproductive health and is important for healthy skin.
- **Polyunsaturated fats** have a beneficial effect on heart condition and reduce the dangers of heart disease.
- **Vitamin B12** is vital for the formation of red blood cells and the metabolism of every cell in the body. It also plays an important role in brain and nervous system health.
- **Vitamin D** promotes calcium absorption for strong healthy bones and teeth, preventing rickets in children, softening of the bones in adults and helping to protect older people from osteoporosis.
- **Zinc** promotes a healthy immune system, healthy growth during childhood, and helps heal wounds. It is crucial for childhood survival, helps children grow and prevents stunting, and reduces the severity of diarrhoea.
- **Iron** is important for the production of red blood cells and the prevention of anaemia.
- **Calcium** is essential for strong bones and teeth. Your heart, muscles and nerves also need calcium to function properly.

*Both EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are found in oily fish.

Give your family fish for a healthier life!

This is an activity of the IOCCSmartFish programme, co-implemented by FAO