



Food and Agriculture Organization of the United Nations

FISH NUTRITION & PEOPLE



Fish is an excellent source of nutrition



Provides essential nutrients



Reduces risk of coronary heart diseases in adults



Key nutrient in the first 1000 days (crucial for infant and child neurodevelopment)

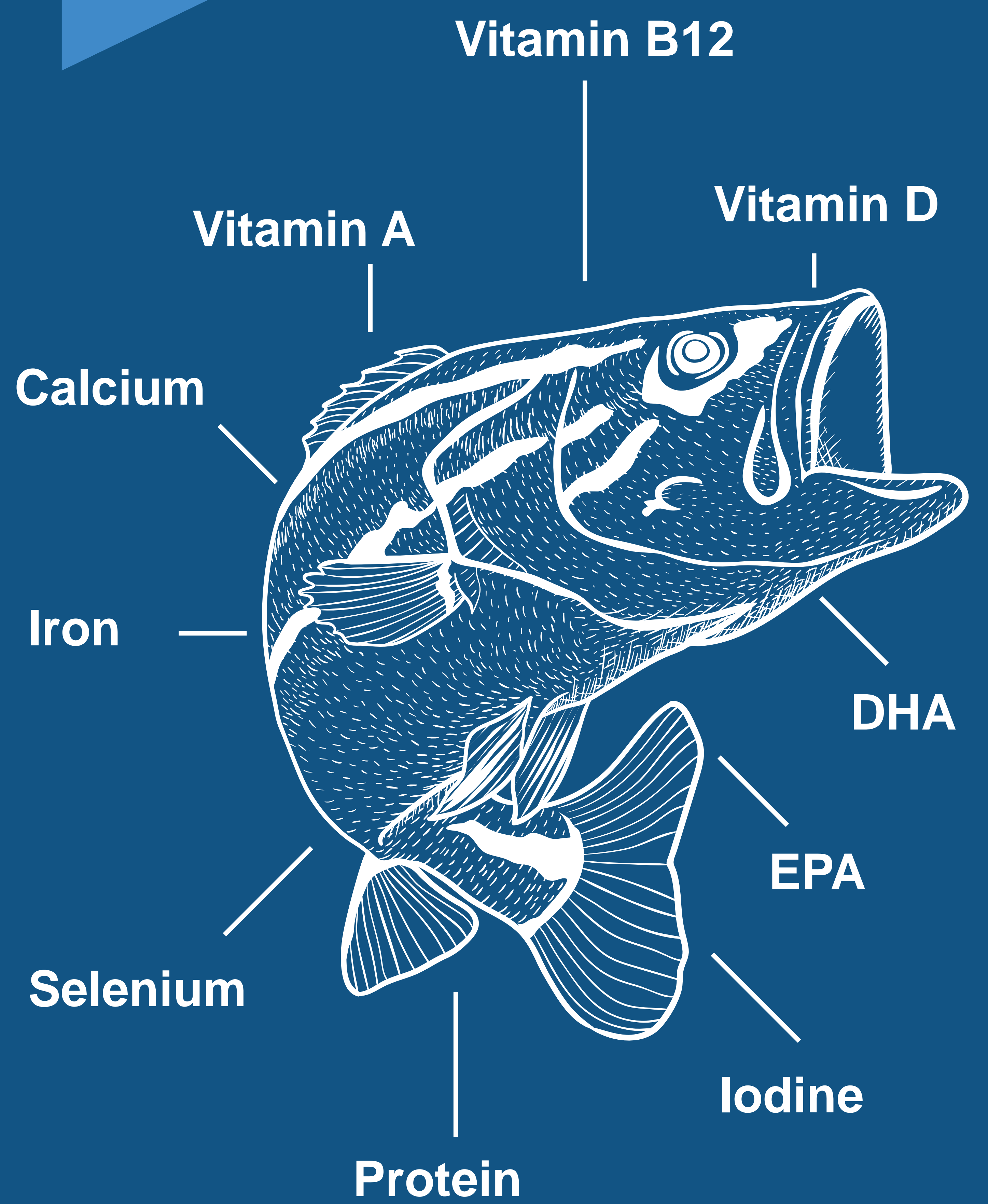


Important for pregnant and lactating women and child development

17%



of global population's intake of animal protein comes from Fish



www.fao.org/aquaculture



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