BE SMART EAT FISH

FISH POWDER gives you all the goodness of a whole fish

Fish is a source of high-quality protein, but it has the potential to provide much more than protein to the diet. When large fish are processed for sale often it is only the fillets that are retained, and a large part of the fish - the heads, skeleton, organs and skin, are usually discarded.

But these ‘by-products’ often have a higher nutritional value than the meat from the fish, particularly in terms of essential fatty-acids, vitamins and minerals.

Processing by-products into an acceptable form that can be added to local food will not only lead to great health benefits, but will also cut down on waste and increase the profits of fish processors.
FISH POWDER does a whole lot of GOOD

Fish by-products, and whole small fish, contain essential micronutrients, such as A, D and B vitamins, and minerals such as calcium, iron, zinc, selenium, and iodine. Processing these by-products into an edible product such as fish powder can play a big role in nutritional security and help to prevent nutritional deficiencies.

Use whole fish and fish by-products to make fish powder - a healthy new product for the African market

Fish powder is already a staple ingredient in Asian cooking, and is commonly available in shops and markets. Making a similar product for the African market would not only help with nutrition security, but would also be a potentially lucrative addition to the income of fish processors – a way to make money from the parts of fish that are currently considered as waste.

There is often resistance towards the consumption of by-products so it can be a challenge to convince people to buy these products. However, this can be solved by turning them into a nutritious powder and packaging and selling the product in a form which is already familiar (think stock cubes or dried soup).

This has already been tested: in 2012 fish powder was mixed into local dishes and school children in Ghana were asked to test the lunches, judging them on taste, colour, smell and texture. All the dishes prepared with the fish powder were found to be highly acceptable to the children.

Fish powder is reasonably easy and inexpensive to produce. Fish by-products must be processed quickly or refrigerated/frozen to keep them fresh before processing. These by-products are dried, then milled using, for example, a hammer mill, to form the powder which can be packaged in an attractive way to promote acceptability.

Add fish powder to your food to give it extra goodness!

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