BE SMART
EAT FISH

A WHOLE FISH
DOES A LOT OF GOOD
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All types of fish are good but small fish eaten whole, either fresh or dried, are best! Whole fish provide the highest nutritional value and will give great health benefits whatever your age. By-products from larger fish, such as the head, organs and skeleton, often have a higher nutritional value than the meat from the fish, particularly in terms of essential fatty acids, vitamins and minerals and will give great health benefits whatever your age.

Whole fish are a really cost-effective source of vitamins and minerals, and will help to keep your family healthy

Small fish eaten whole with bones, heads and internal organs, play a critical role in providing micronutrients. Small fish are also more affordable, can be bought in smaller quantities, and can be processed and stored for longer periods. Small fish can be bought in small amounts, and are easy to divide amongst the family so that women and children are sure to get their share.

Eat whole small fish or use fish by-products like heads, tails, skin and bones, to make a healthy fish broth, soup or sauce and add goodness to your meals.

Fish stock is an excellent source of iodine which can prevent problems like goitre, and hypothyroidism. It’s good for your brain, providing a mixture of fats, vitamins, minerals and amino acids that keep your brain healthy and improve your memory.

Calcium’s in the bones, so eating whole small fish will give you calcium to build healthy bones and teeth and keep your heart beating.

Fish broth is also a great source of gelatin, which is thought to be important for bone and joint health, and may be helpful for osteoarthritis and osteoporosis.

Whole fish and fish broth include high quantities of healthy omega-3 fatty acids as well as fat soluble vitamins, a combination that allows vitamins to be absorbed by the body.

Fish broth is excellent for athletes; a little broth can help to replenish electrolytes and amino acids can help muscles to repair and recover post-exercise.

Eat whole fish or turn fish scraps into delicious broth to add goodness to your food!

NFDS Africa This is an activity of the IOC-SmartFish programme, co-implemented by FAO