

FAO/14939/R. Cannarsa



### **Congo: Harvesting fish in the pond after the periodical drainage**

Fish is a food of excellent nutritional value, providing high quality protein and a wide variety of vitamins and minerals, including vitamins A and D, phosphorus, magnesium, selenium and iodine. Experts agree that, even in small quantities, fish is an important source of dietary protein. In addition, fatty fish like tuna, mackerel and sardine are the richest source of a type of fat that is vital to normal brain development in foetuses and infants.