

European fish availability and nutritional recommendations: enough fish to satisfy guidelines?

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eastbio
the East of Scotland Bioscience Doctoral Training Partnership



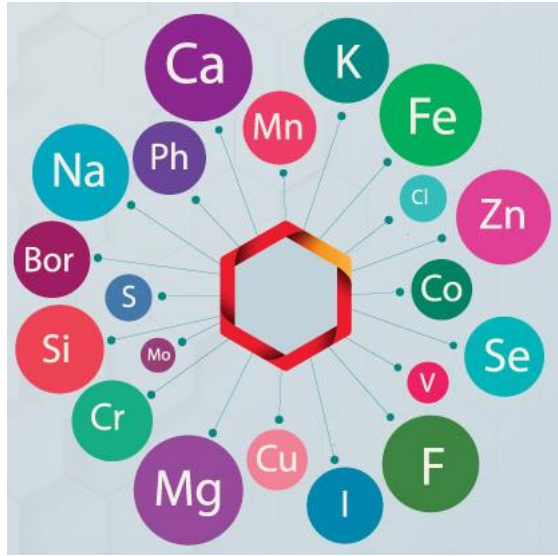
BBSRC
bioscience for the future

Shaping bioscience research training in the East of Scotland

1495



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Micronutrients

Health benefits



Vitamin D



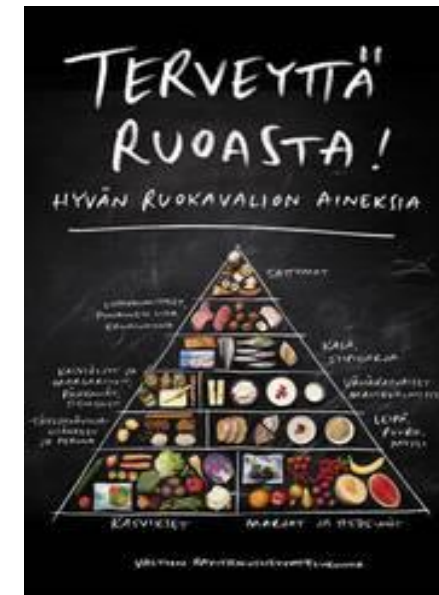
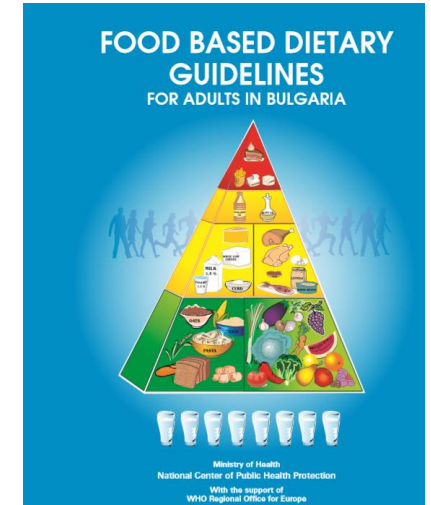
e.g. omega-3



Protein

Fish included in dietary guidelines

- Health/ nutrition councils
- Vary throughout Europe



Aim

Assess whether **nutritional recommendations** of European countries are **satisfied** by current fish **availability**



Data sources

A) Production for food use



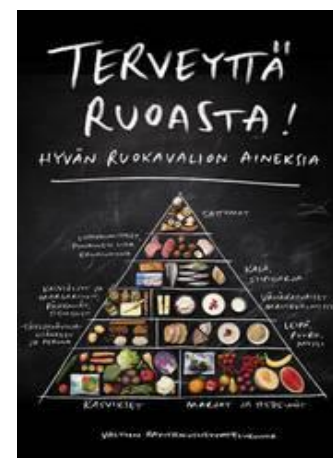
B) Imports and exports



C) Population size



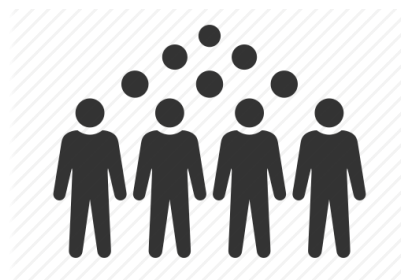
D) Dietary guideline



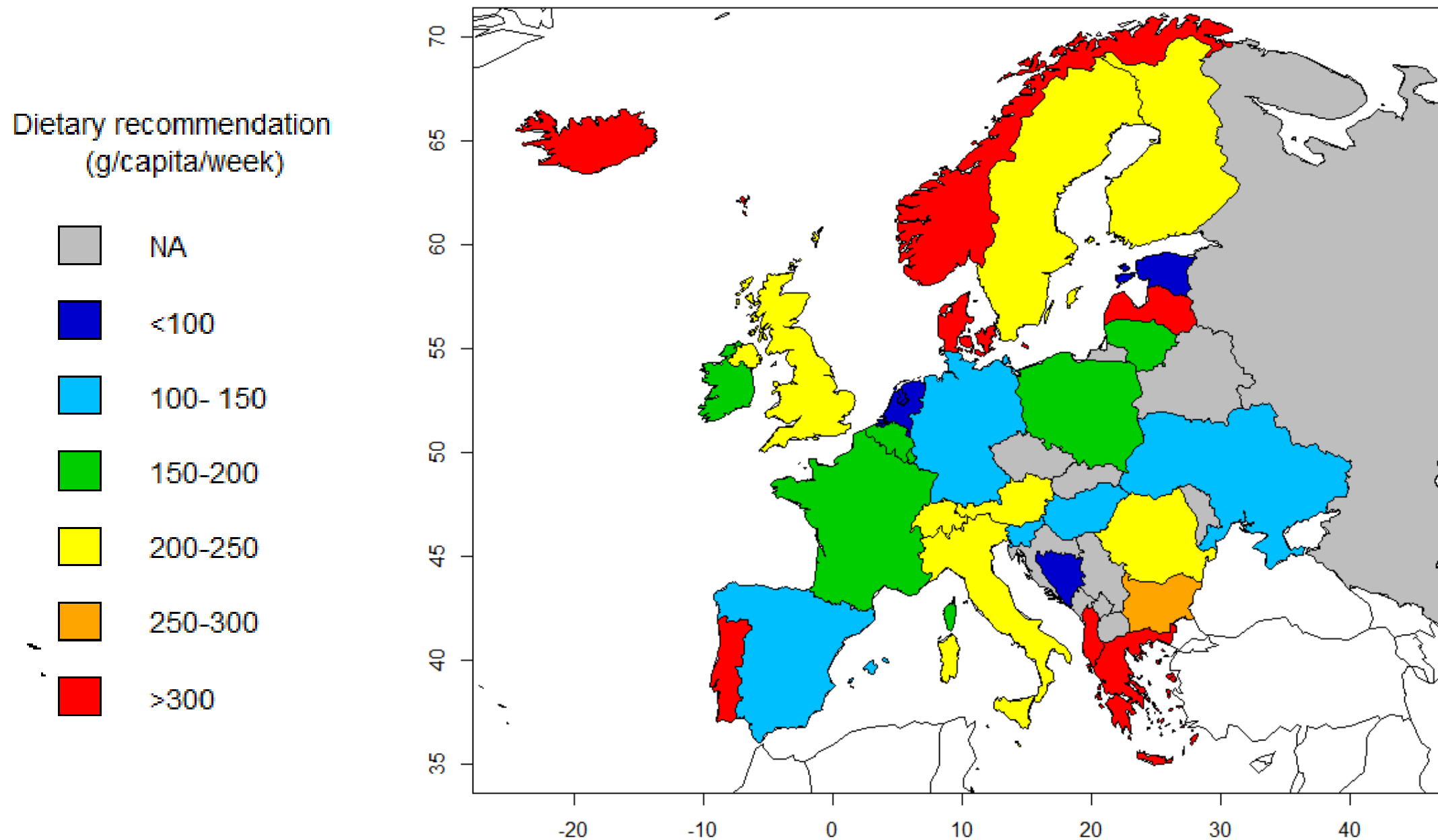
Equation1.

Apparent fish availability (g/capita/week)=

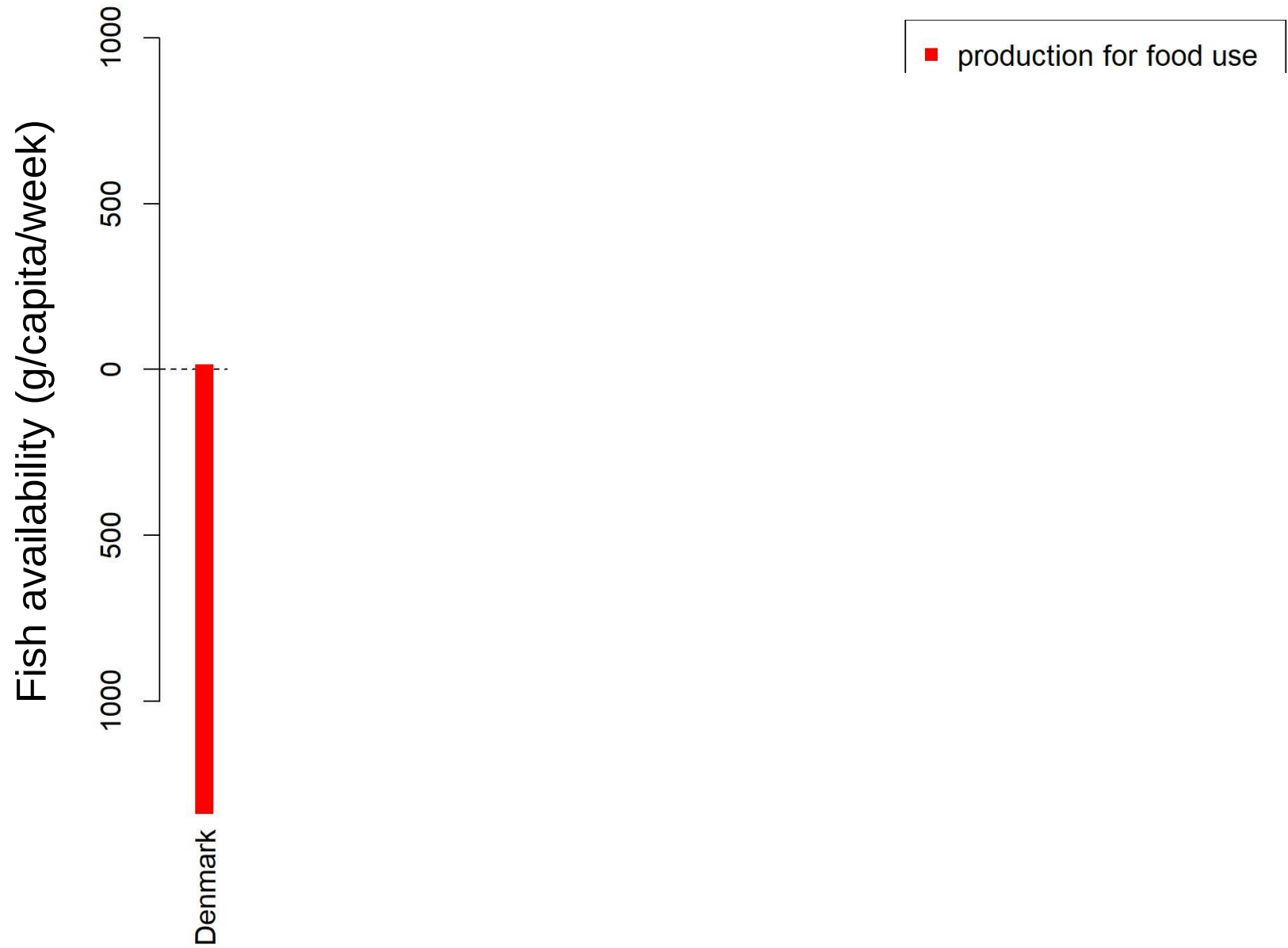
$$\left(\frac{((\text{production for food use} + \text{imports}) - \text{exports})}{\text{population size}} \right) / 52$$



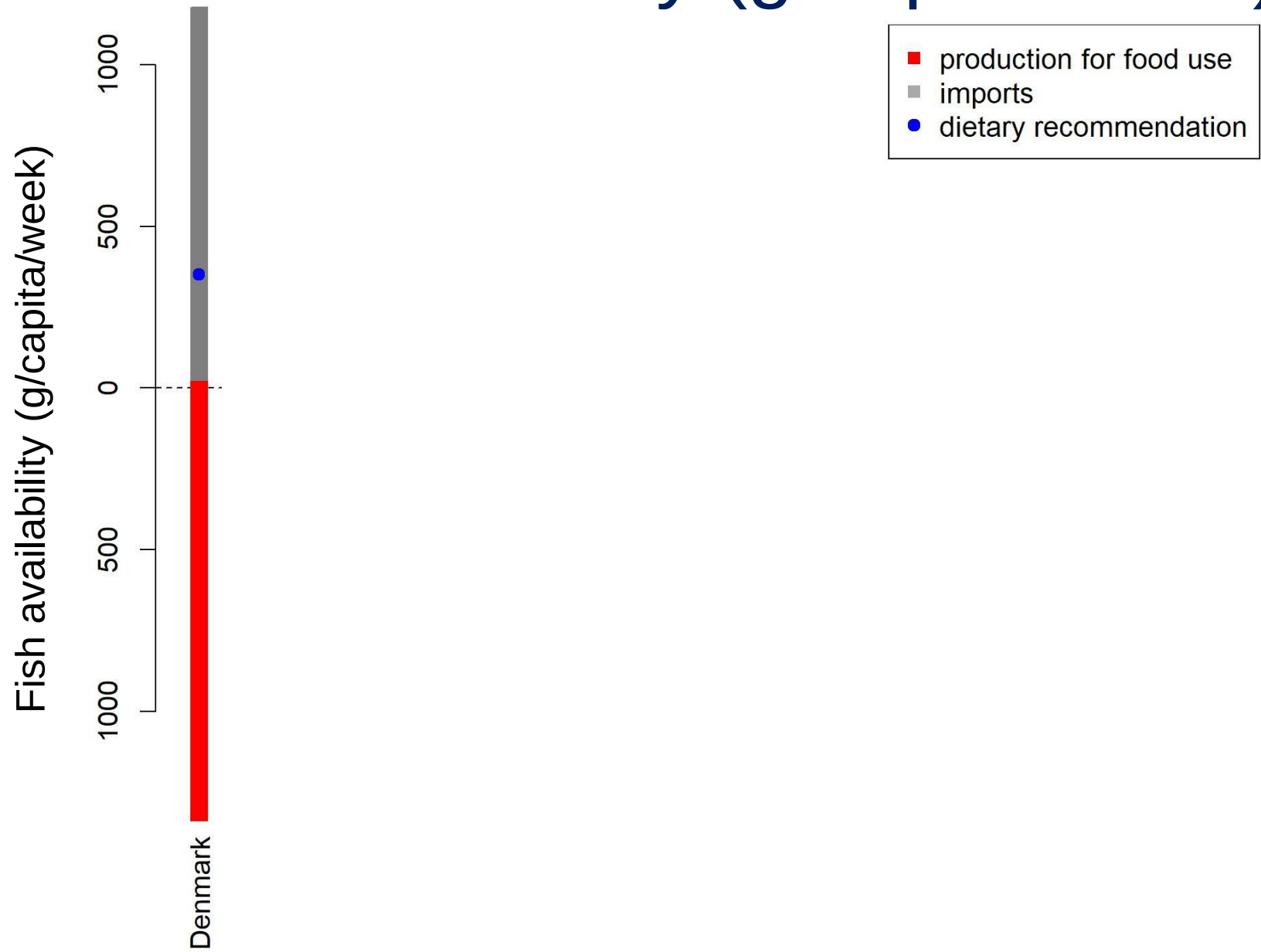
European dietary recommendations (g/capita/week)



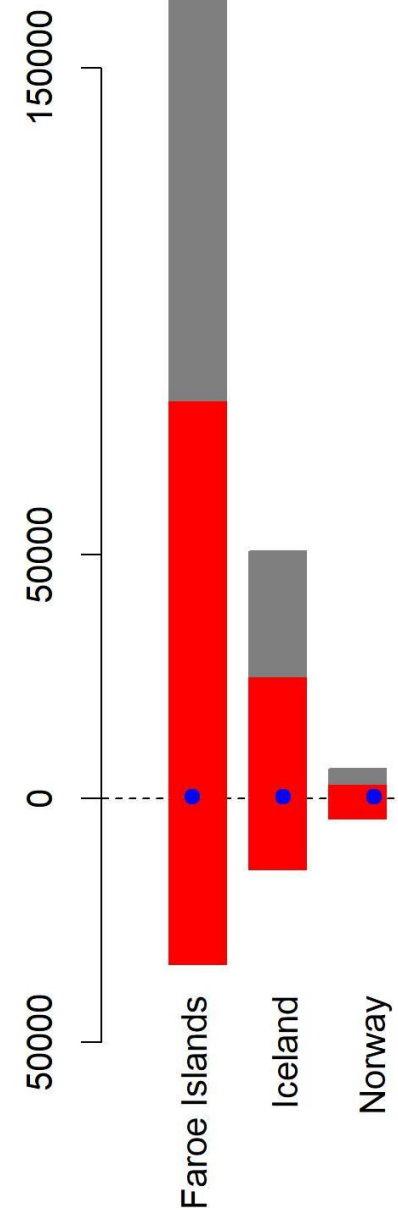
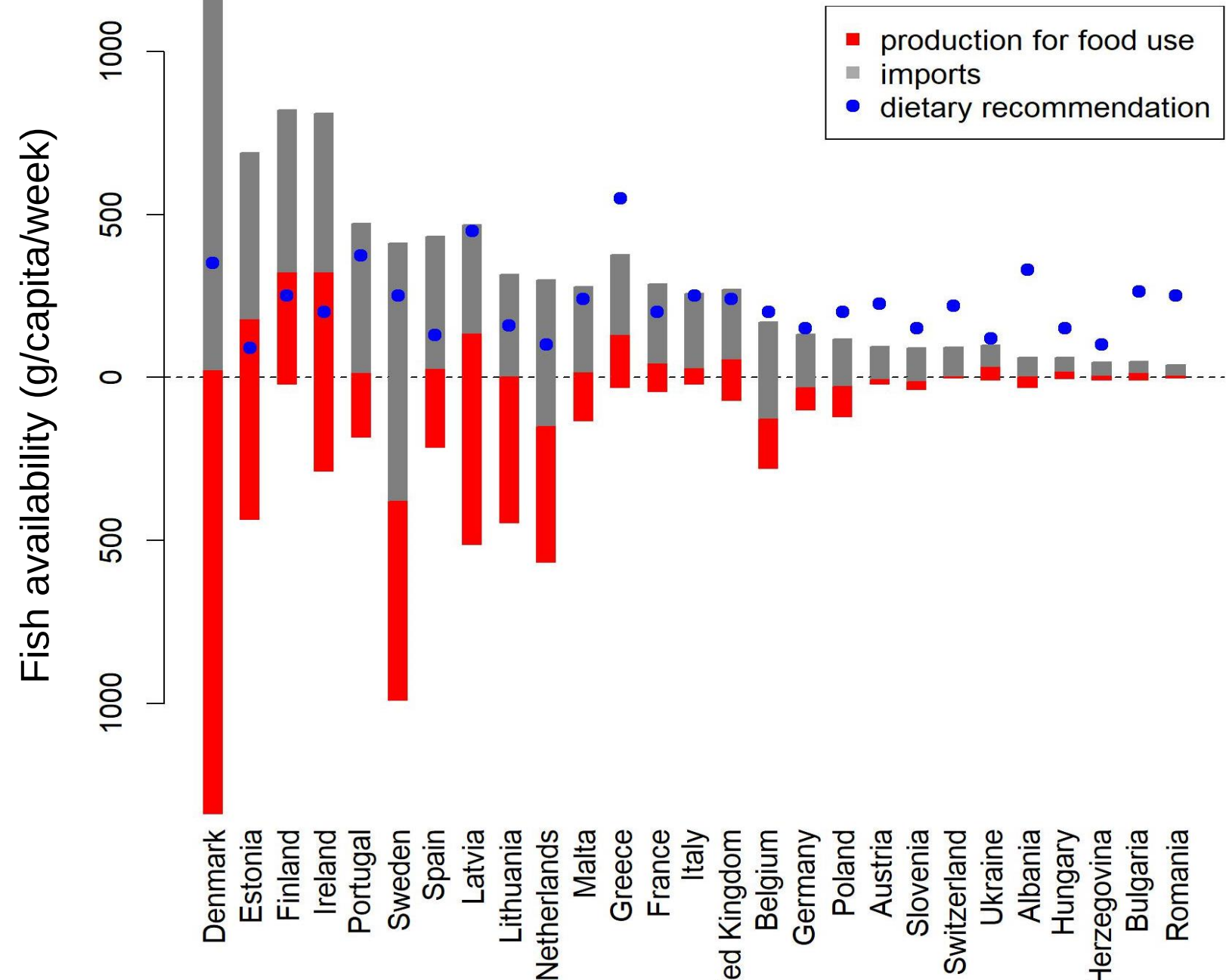
European net fish availability (g/capita/week)



European net fish availability (g/capita/week)



European net fish availability (g/capita/week)



Conclusion

- Overall, European guidelines are satisfied by fish availability
- 54% of nutritional guidelines are satisfied by current fish availability
 - 20% of nutritional guidelines are satisfied by production for food use only



Conclusion

- Revise dietary recommendations?
- BUT lack of awareness/ fulfilment of guidelines
- Greater consistency between guidelines, availability and consumption



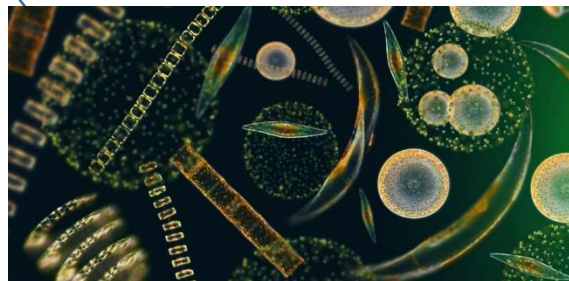
Next steps



October

Overwinter

January



Examining:

- ✓ Fatty acids
- ✓ Vitamin D
- ✓ Protein
- ✓ Micronutrients
- ✓ Contaminants