

Nutraceutical and Health Value of Important Ingredients from Fish



Abstract

If we have to choose the best dietary source for complete health, the choice would be from fishes and aquatic foods. The reason is that fish muscles contain almost all the ingredients for complete health. Fish are rich in functional, bioactive and bioavailable nutrients that have nutraceutical and health values. Different amino acids, peptides, fatty acids like DHA, EPA, carotenoids, antioxidants, vitamins, minerals etc., are the important ingredients found in fish. Human body needs these ingredients not only in early development stage but also throughout the life up to old age. Availability of these ingredients to the body not only saves early developmental and growth defects, but also late age physical and mental decline. So, fish from inland water and marine systems are key to food and nutrition security in the face of global climate change. The discussion will be to review the health and nutritional importance of the ingredients from fish in human nutrition and health.

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Biography

Abdul Hei has a long teaching experience, inspiring and motivating students in higher education. As a student of science, he took keen interest in his study, finally specialized in life science focusing on the area of fish and fishery science. He did his research on the theme "Fish in human health and nutrition" assessing nutritional values using sophisticated analyzing equipment systems. Consequently, he has written about promoting health and quality of human life. He received so many invitations from different parts of the world for different purposes after publishing his research work with international publishers. He participated as speaker in world conferences in London and Paris, and other many other events of national and international level. He has reviewed international papers of top journals. He is an awardee of some different national awards in recognition of his dedication to education and research, and a life time member of Indian Science Congress Association.