

THE PHYSIOLOGICAL EFFECTS OF FISH CONSUMPTION. WHY SHOULD WE CONSUME FISH ON A REGULAR BASIS?

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Abstract

A survey last year examined the connection of nutrition attitudes and fish consumption, from which it turns out that several factors influence our meals, which are for example price or lack of information regarding healthy way of life. Fish contains nutrients which are essential for our organism, vitamins (for example: A; B₁; B₂; D), minerals and various unsaturated and polyunsaturated fatty acids (for example: Omega 3 fatty acid). The latest cannot be produced by our organism, but indispensable to its normal operation. There is literature on its various effects on the brain, immune system, and it is widely known that it plays a significant role in preventing cardiovascular diseases, since due to its anti-inflammatory effect it is able to cure inflammations on the vascular walls. Omega 3 fatty acids appear mainly in marine phytoplanktons and in sea fish in large quantity. In Hungary freshwater fish contain much less Omega 3 fatty acid, but according to experts they are competitive with sea fish in every type of vitamins, minerals and other nutrients. The healthiest fish in Hungary is bighead carp, but sterlet is also often mentioned due to its beneficial effect. We can see that our organism would need regular fish consumption. In our days we can choose from various fish types and the scale of processed fish products is wide enough, too. If somebody still cannot find the appropriate to their taste, or does not like fish either because of the fish bones or because of its odour, they should take Omega 3 products. It is important to buy such a product in pharmacy, since in drugstores we can often find variants with inadequate active substance content. Researches show that one should take 1 gram of Omega 3 fatty acid on a daily basis. Experts state that fish is one of the indispensable conditions of a healthy diet, so we should consume fish twice a week. Despite the fact that fish is delicious and healthy, it is not part of our everyday menu. The ideal consumption of oily fish would be more than 15 kg/capita/year, but in Hungary this is hardly 4 kg/capita/year. This value should be surely improved—this is fostered by VAT modified to 5% and other subsidies, too.

Key words: fish consumption, health, way of life, Omega 3 fatty acid



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