



SEA FOOD CONSUMPTION FROM BIRTH TO DEATH

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INTRODUCTION

Sea food consumption has been an important part of Indian cuisine for centuries. Indians eats more than 200 varieties of fish and shell fish. Most of the sea foods which we purchase from market are available from sea and remaining from back waters and aquaculture.

In Kerala even in coastal areas both marine and fresh water aquaculture have grown rapidly about half of the seafood is from farmed sources. In Calcutta a study reveals that fish food contaminated with mercury may be harmful for humans, since some factories outlet wastes are being dumped in to the sea. In Tamil Nadu seafood occupies a major part of the diet. In some South Indian families in Kanyakumari district people prefer lunch with fish.

Even though many seafood varieties are to choose, the consumers are not aware about the potential health benefits and risk of consuming sea foods which are contaminated with mercury, cadmium are risk to humans at the same time it offers numerous nutritional properties which are heart friendly.

Edible sea plants such as sea algae, seaweeds, and micro algae are also used as seafood and are widely used around the world.



NUTRITIONAL VALUE OF SEAFOOD

Sea foods have been shown to have numerous nutrition and health benefits. Seafood also provides essential nutrients for developing infants and children. Sea food is rich in vitamins and minerals. It possesses more amount of protein when compared with other protein rich animal foods.

Calories

Sea foods possess low calories, even fattier fish like mackerel, salmon contains low calories.

Proteins

Sea foods are rich in protein. They contain abundant of essential amino acids, which our body needs. They are the complete source of protein. They are excellent source of protein for meeting our daily needs. Fish contain 17% to 25% of protein.

Fat

Sea food contain less than 2 per cent offat

Minerals

Sea foods are excellent source of many important minerals like Potassium, Zinc, Iodine, and Phosphorus. Fishes are one of the most important sources of calcium. The soft bone of small fish proves this.

Vitamins

It is also rich in vitamins especially the Vitamin B group. Fish is also a source of vitamin A and D, which is needed for a healthy skin and eyes



Antioxidants

All sea foods are rich in antioxidants except a few. Sea foods contain selenium which may counter act the negative effect of mercury.

SEAFOOD HEALTH BENEFITS

Recent studies have shown that there are many health benefits of marine foods and some were listed below. They are

- 1. Heart friendly**
- 2. Lowers cholesterol**
- 3. Decreases blood clotting factors**
- 4. Strengthening the immune system**
- 5. Prevent cancer**
- 6. Reducing Alzheimer's diseases**
- 7. Protection against macular degeneration**
- 8. Arthritis**

1. Heart friendly

Undeniably marine foods are exceptionally low fat foods. The fat contained in fishes are rich in poly unsaturated fatty acids known as omega 3 fatty acids, which are believed to protect the body against heart diseases. They also help in the prevention of erratic heart rhythms and facilitates greater variability between heart beats reducing the risk of arrhythmia.



2. Lowers cholesterol

Omega 3 fatty acids are known as good fats, so they lower cholesterol (triglycerides), since these cholesterol are associated with an increased risk of cardiovascular diseases.

3. Decreases blood clotting factors

Omega 3 fatty acids are present in shrimp also ease the symptoms of blood clots

4. Strengthening the immune system

Certain varieties of fishes and shell fishes have very high antioxidant E, aside from vitamin E, C, D, and A. These antioxidants boost the immune system and also lower the risk of heart diseases by reducing the plaques in coronary arteries.

5. Prevent cancer

Several studies have proved that different forms of cancer including breast cancer, renal cancer, colorectal cancer, and prostate cancer are lowered with the intake of fatty fish which contains vitamin D in more amounts. Regular omega 3 fatty acids consumption have been connected and proved in effective treatment against blood related cancer too.

6. Reducing Alzheimer's diseases

Various reports have recommended those long chain poly unsaturated fatty acids, actually slow mental and Alzheimer's diseases in older peoples.

7. Protection against macular degeneration

Good levels of omega 3 essential fatty acids in sea foods reduce the risk of dry eye syndrome and protect against macular degeneration.



8. Arthritis

People suffering from arthritis may experience pain in joints and difficulty. Marine foods which are rich sources in vitamins D has also to be key in preventing unwanted inflammation, decreasing fatigue and reducing morning stiffness, marine food especially fish produce an bioactive compound named omega 3 fatty acids to provide successful anti-inflammatory benefits for joints.

SEA FOOD HYGIENE

Sea foods are highly perishable and prone to get various types of pathogens. It may even cause poisons in some conditions. To ensure food safety, proper cooking and safety must be followed. Children are advised not to give sword fish, shell fish due to mercury levels. It may causes allergic to some children, since it is a protein rich food .Use of smoked fish is not recommended for children.

CONCLUSION

Recent studies have shown that many components of sea foods are critical for healthy living and a balanced diet due to dumping wastes in certain parts of sea .This totally creates a situation that in future many species of fish may get endangered and the water too get polluted. Future must be planned and proper measures are to be taken for the welfare of mankind, since sea foods are one of the best sources for vibrant living.