Database on nutritional composition of food fishes from India

Food is an important component of public health as the quality and quantity of food components greatly influence the health status of the consumers. Therefore, for developing and implementing effective dietary interventions to improve nutrition at the community and population level, it is important to know the nutritional situation of the target group, which requires the evaluation of quality and quantity of the food items consumed through food composition analysis.

The food composition analysis data are the basis of food-based dietary guidelines for healthy nutrition. The importance of such information has been understood worldwide and bulk amount of food composition data have been compiled in the form of on-line databases. Some of the important international databases include International Network of Food Data Systems (INFOODS; http://www.fao.org/infoods/infoods/eng/), European Food Information Resource (EuroFIR; http://www.eurofir.org/), Nutrient Database for Standard Reference-US Department of Agriculture (http://ndb.nal.usda.gov/), Nutrition Coordinating Center University of Minnesota, USA (http://www.ncc.umn.edu/), etc. While INFOODS is a worldwide network of food composition experts aiming to improve the quality, availability, reliability and use of food composition data, EuroFIR AISBL draws together the best available food information globally from 26 compiler organizations in Europe, Australia, USA and Canada (FoodEXplorer) as well as validated information about bioactive compounds. Such databases provide information on nutrient composition of food components to dieticians and clinicians for their inclusion in clinical nutrition. These databases are also helpful in creating awareness among the consumers and increase the economic importance of food components and provide standardized calculation procedures that are required for international studies on nutrition and disease to calculate nutrient intake across countries.

Fish is an important component of human diet and is a rich source of quality animal proteins that are readily digestible and contain the dietary essential amino acids in quantities that correspond to human requirements. Fish is one of the cheap sources of quality animal proteins and availability and affordability is better.
Figure 1. Homepage of database on ‘Nutritional composition of food fishes from India’ (http://www.cifri.res.in/outreach/).
however, 100 species have been targeted to be studied by 2017 in this on-going work.


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