

# FARMED TILAPIA: A NUTRITIOUS FOOD SOURCE FOR EGYPT

Aquaculture is a sustainable means of fish production to meet the needs of the growing global population.



Around half the seafood eaten globally is farm raised.<sup>1</sup>



Quality control standards exist in most countries to ensure that farmed fish is safe to eat.

## AQUACULTURE PROVIDES 65% OF EGYPT'S FISH FOR CONSUMPTION

### TILAPIA: POPULAR & NUTRITIOUS



In Egypt, Nile tilapia are 75% of the total fish farmed. Tilapia production provides one fish per week for every Egyptian.

Tilapia is the 2nd most produced fish in the world after carp.

Tilapia was the 4th most eaten fish in North America in 2014.<sup>2</sup>

Tilapia is a healthy source of protein, nutrients and essential fatty acids.

Tilapia has a higher content of omega-3 fatty acids than other meats including chicken, pork and beef.

No antibiotics are required to grow tilapia.

### FROM FARM TO TABLE



Fish farmers have 16 years' experience on average. WorldFish is training all farmers in best management practices to improve production methods.



Testing of farmed fish for contaminants such as pesticides show that levels are very low and within international standards.<sup>3</sup>



Aquaculture in Egypt is regulated by 5 government bodies who control where farms are located and how farms are managed.



Farmed fish are mostly sold whole, either live or fresh. From harvesting, it takes 1-2 days for fish to reach the consumer.<sup>4</sup>

### TIPS FOR BUYING FRESH FISH



Buy fish that is refrigerated or displayed on ice.



Fish should smell fresh and mild, not sour.



A fish's eyes should be clear and bulge a little.



Fish should have firm, shiny flesh and bright red gills free from milky slime.



Flesh should spring back when pressed.

## AQUACULTURE IS VITAL FOR SUPPLYING SAFE FISH FOR EGYPTIANS

#### Sources:

1. [FAO] Food and Agriculture Organization of the United Nations. 2015. Rome: FAO. 2. National Marine Fisheries Institute. 2015. About seafood. <https://www.aboutseafood.com/about/about-seafood/top-10-consumed-seafoods>. 3. El Tholth M, Fornance K, Grace D, Rushton J and Hasler B. 2015. Characterisation of production, marketing and consumption patterns of farmed tilapia in the Nile Delta of Egypt. *Food Policy* 51:131-43. 4. Macfadyen, G. et al. 2011. Value-chain analysis of Egyptian aquaculture. Project report 2011- 54. Penang, Malaysia: WorldFish. DOI: 10.13140/2.1.1102.1769.

