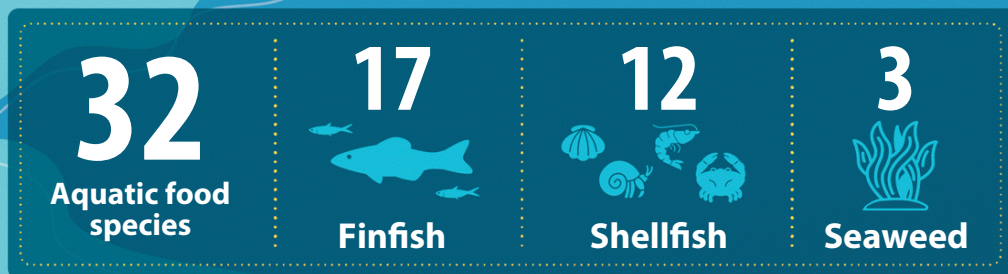
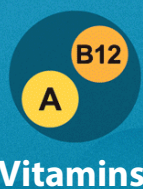
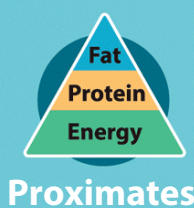


NUTRITIONAL QUALITY of Aquatic Foods from Timor-Leste

The nutritional composition of aquatic foods in Timor-Leste has been analyzed for the first time













All species were analyzed for comprehensive nutrient profiles



Key messages:

- All aquatic foods are nutrient-rich, providing high quality protein, vitamins, minerals and essential fatty acids.
- Consumption of a diversity of aquatic species, including finfish, shellfish and seaweed, is important for obtaining the range of nutrients required for human health.
- When consumed whole, including head and bones, aquatic foods are particularly nutrient-rich.
- Tinned fish and dried fish are also nutrient-rich and good choices if fresh fish and other fresh aquatic foods are not available or affordable.
- The Ministry of Health recommends eating aquatic foods at least two or three times per week, and daily for young children and pregnant and lactating women as part of a healthy diet.
- Efforts should be made to ensure the environment, including soil and water, is free from contaminants.

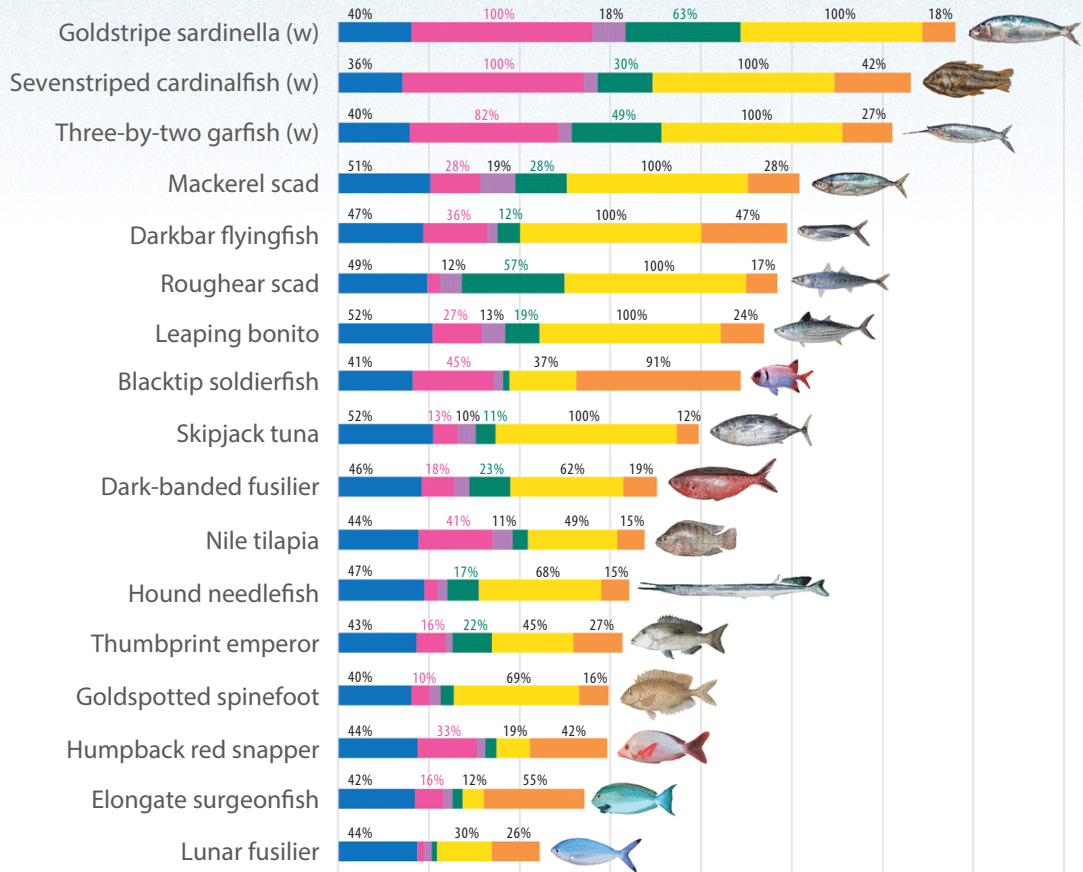
These species are rich in nutrients vital for healthy growth and development

				
English Sardine	Cardinalfish	Garfish	Mackerel scad	Flyingfish
Tetum Sardina	Inasivit (Fataluku language)	Samber	Kombong	Ikan terbang/manu
Scientific <i>Sardinella gibbosa</i>	<i>Ostorhinchus novemfasciatus</i>	<i>Hemiramphus robustus</i>	<i>Decapterus macarellus</i>	<i>Cypselurus hexazona</i>
				
English Leaping bonito	Soldierfish	Thumbprint emperor	Reef crab	Squid
Tetum Kasareta bonito	Ikan mean	Baduma raihenek	Kadiuk	Suntu
Scientific <i>Cybiosarda elegans</i>	<i>Myripristis botche</i>	<i>Lethrinus harak</i>	<i>Eriphia ferox</i>	<i>Sepia sp.</i>

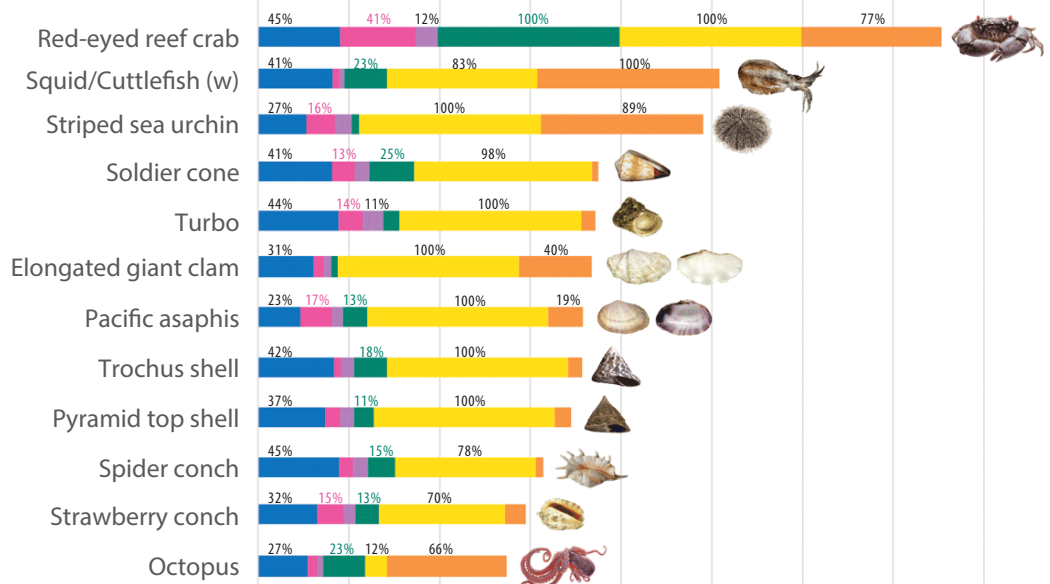
Note: 100 g of each species shown would meet >20% of the daily recommended nutrient intakes (RNI) for women aged 19–50 for three or more micronutrients (iron, zinc, calcium, vitamin B12 or omega-3 (EPA+DHA)).

Contributions to recommended nutrient intakes from 100 g of Aquatic Foods for women of reproductive age in Timor-Leste

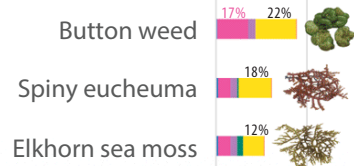
Finfish



Shellfish



Seaweed



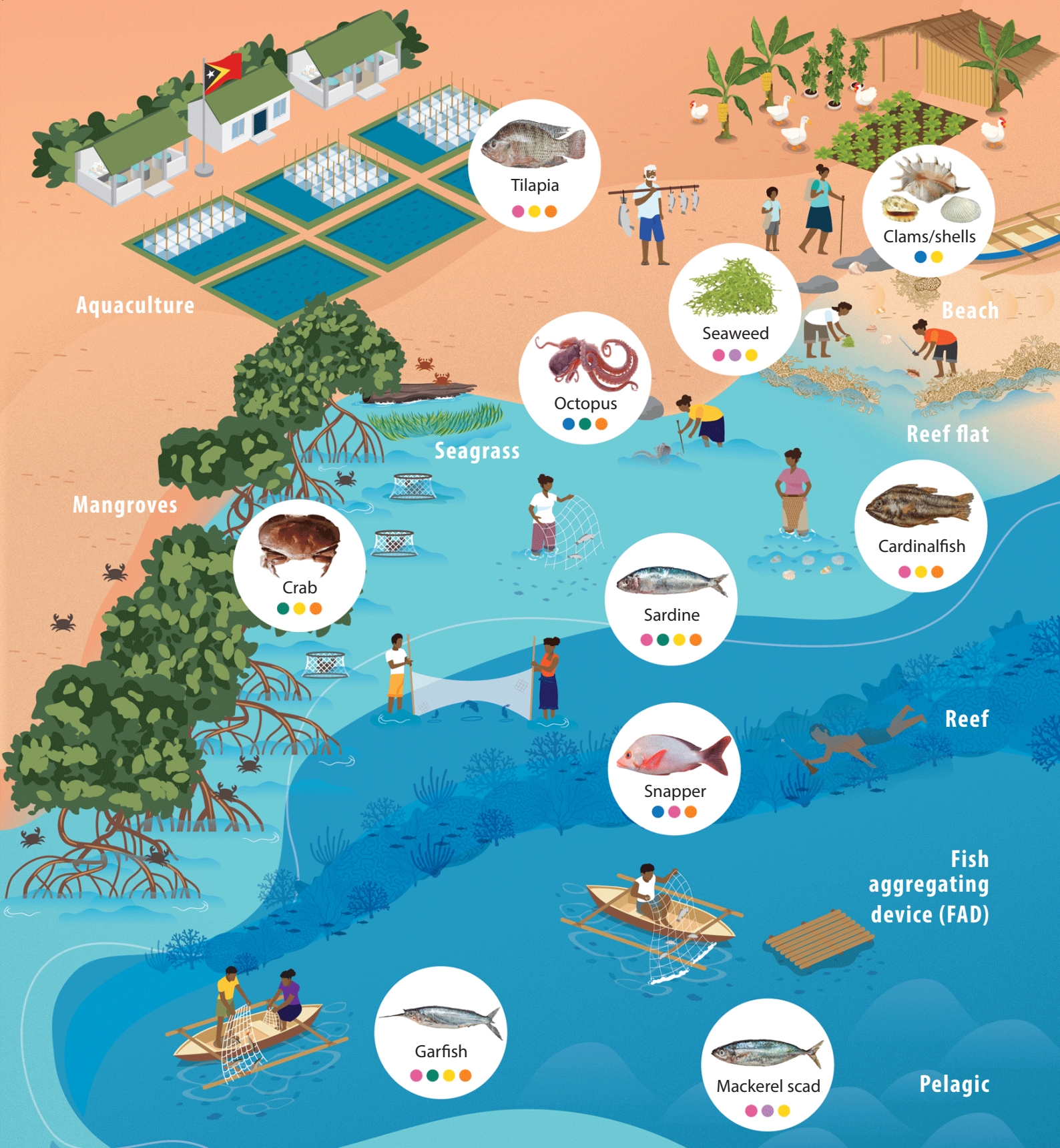
■ Protein ■ Calcium ■ Iron (bioavailable) ■ Zinc ■ Vitamin B12 ■ Omega-3 (EPA+DHA)

Data shows the proportion of daily recommended nutrient intakes (RNI) for women aged 19–50 that would be met by consuming 100 g of aquatic foods. RNIs are based on global WHO/FAO requirements.

Note: Values <5% not shown. (w) denotes species typically consumed whole and were analyzed whole (excluding scales and/or viscera). For all other species, flesh only was analyzed.

Aquatic Foods are sourced from diverse habitats

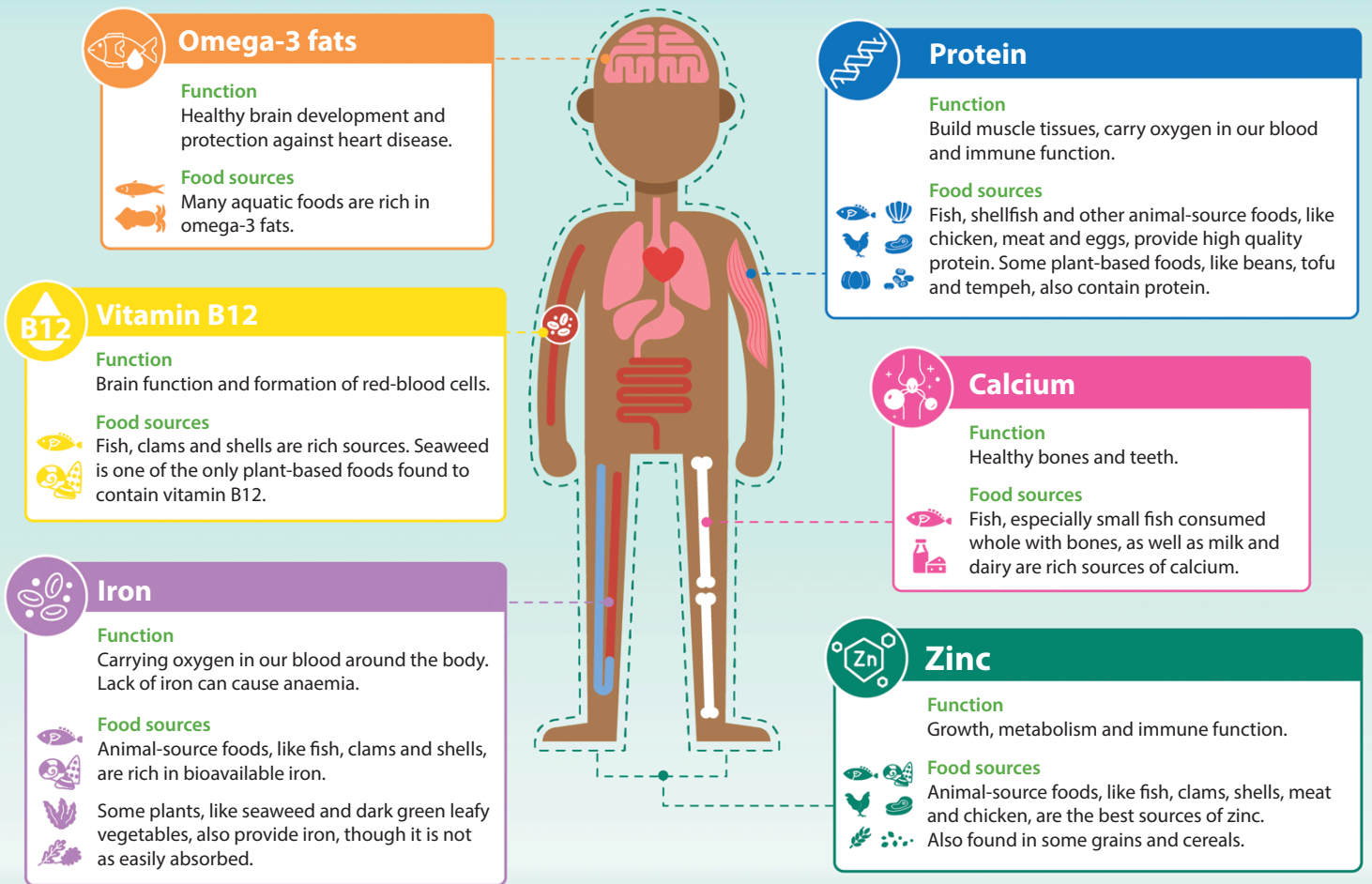
Diverse nutrient-rich aquatic foods are sourced from a range of habitats. They are collected through different fishing and gleaning techniques.



Nutrition

- Protein
- Calcium
- Iron (bioavailable)
- Zinc
- Vitamin B12
- Omega-3 fats

The role of different nutrients for health



Authors

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