

# Fish as Superfood

Fish is filled with nutrients like essential fatty acids, multi-vitamins, minerals, protein, micronutrients & availability of Docosahaexaenoic Acid (DHA).



Implemented by  
**giz** Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH



## Healthy brain

Omega-3 & omega-6 fatty acids, & micronutrients like iron & iodine are essential for brain development & cognitive health specially in fetus & young children.

**Stronger muscles**  
Fish are high in **protein & essential minerals** which are needed to build muscles.

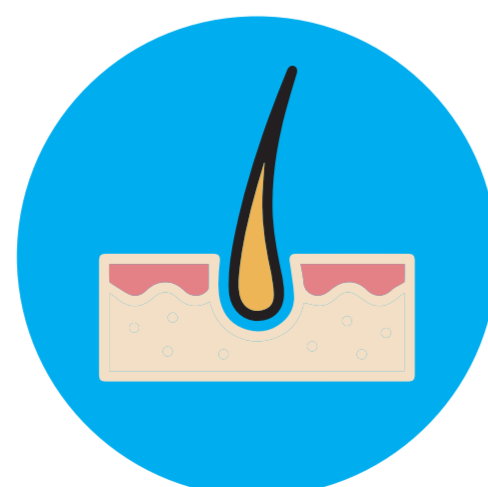


## Healthy bones & teeth

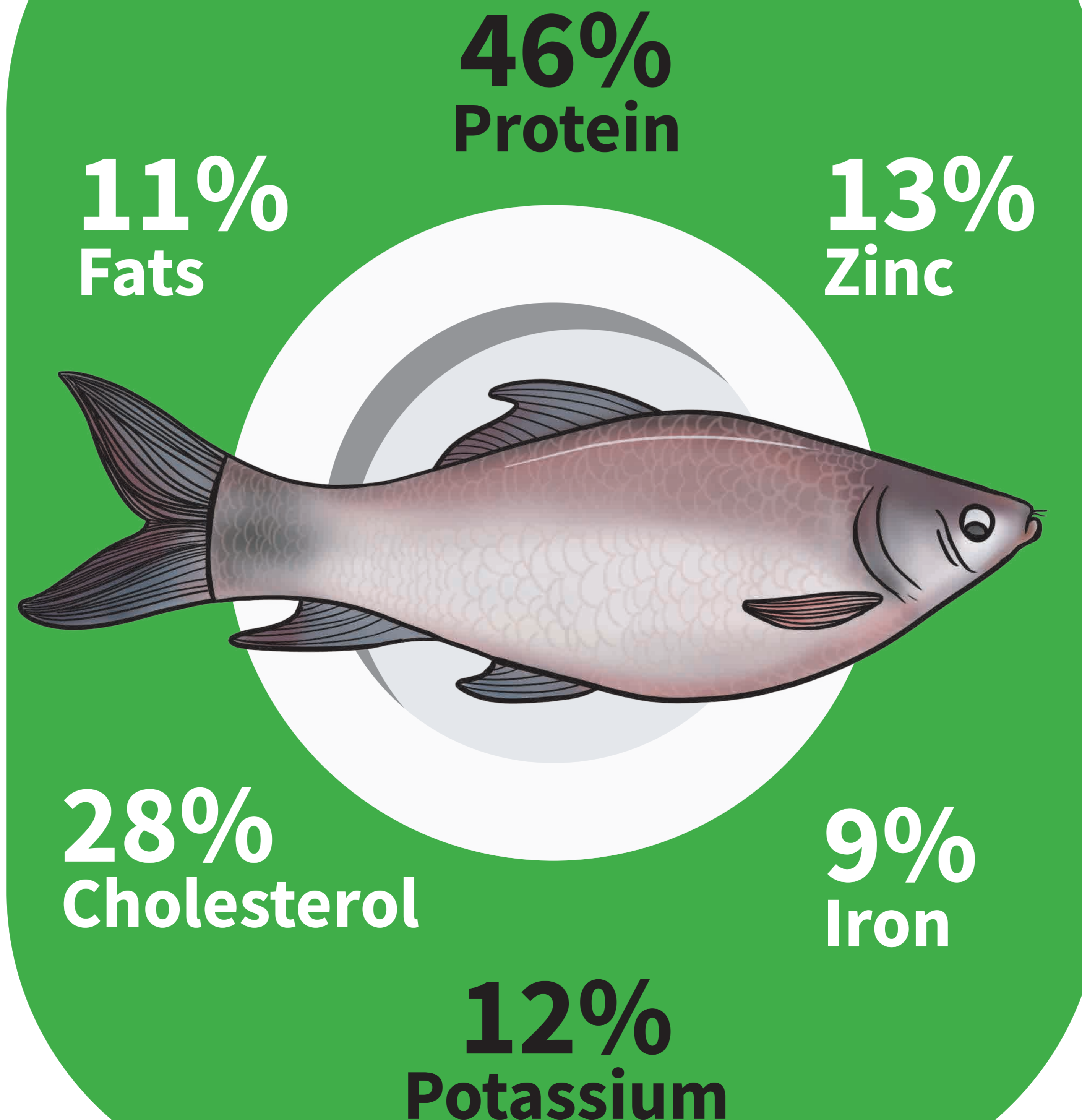
Calcium & phosphorous in fish strengthens bones & teeth, also helping in relieving joint discomfort.



**Healthy skin**  
Omega-3 & omega-6 fatty acids help in enhancing skin health.



Daily Nutrient Requirement Fulfilled  
by 100g serving of carp meat



## Immunity booster

Zinc is important for stimulating the immune system; which also improves childhood survival.



## Maternal Health

Protein, vitamin B12, A, D & micronutrients like iron, zinc, calcium, & iodine are necessary for healthy pregnancy, reduce malnutrition in pregnant mothers & babies.



## Better vision

Omega-3 & omega-6 fatty acids & vitamin A present in fish strengthens eyes & improves vision.



## Better childhood survival

Calcium & fatty acids help prevent preeclampsia, preterm delivery helping in childhood survival.

