



# BENEFITS OF FISH FOR A HEALTHY DIET

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# COMMON APPROACH TO HEALTHY DIETS

- Most of countries and world renowned organizations have the same approach to healthy diets

- Avoid being overweight



- To exercise every day



- **Healthy food** (fruits, vegetables, pulses, **FISH**, nuts, whole grains, low- fat dairy products, vegetable oils (olive oil and rapeseed), drink plenty of wáter



- Food to avoid (sugar, salt, saturated fats, sugar and carbonated drinks).
- Foods to be consumed in moderation (red meat, cold meat and alcoholic drinks)



## BACKGROUND, WHO (WORLD HEALTH ORGANIZATION)

*(Source: Improving dietary intake and achieving food product environment, WHO regional office for Europe)*

- Patterns of food consumption in the WHO European region has changed rapidly in recent decades.
- Consumption of processed foods high in saturated fats, free sugars and salt (HFSS foods) is high.
- Non- adherence to dietary guidelines is widespread among both adults and children and most European countries where data are available.
- The role of governments is to ensure that day to day environments are supportive of healthy options.
- Policies aimed at creating healthier, more supportive food environments are now a priority
- Dietary factors (characterized by excess energy, saturated fat, free sugar and salt) are a leading cause of mortality and morbidity in the WHO European region, contributing to hypertension and cardiovascular diseases, overweight/obesity, type 2 diabetes and some types of cancer.


*(Improving dietary intake and achieving food product environment, WHO regional office for Europe)*

# BACKGROUND ,FARM TO FORK (F2F) STRATEGY

*(Source: Farm to Fork strategy-EU Greenddeal)*

- The F2F is at the heart of the Green Deal. It addresses comprehensively the challenges of sustainable food systems and recognises the inextricable links between healthy people, healthy societies and a healthy planet.
- This strategy is an opportunity to improve lifestyles and health.
- Obesity is rising in Europe contributing to a high prevalence of diet –related diseases and related healthcare costs.
- Overall European diets are not in line with national dietary recommendations
- Sustainable fish and seafood production must be accelerated.

# FISH IS A HEALTHY RECOMMENDATION IN ALL DIETS

-  **FINLAND**: The report '**Finnish nutrition recommendations**' of the Finnish National Nutrition Council gives the following recommendations:
  1. To avoid being overweight.
  2. Exercising regularly.
  - 3 **Healthy food**: whole grains, vegetables, fruits, **SEAFOOD**, vegetable oils, and low-fat dairy products.
  4. Foods to avoid: soft drinks, sugar and salt.
  5. To consume in moderation: alcoholic drinks and red meat.
  6. It also advises to pay attention to nutritional labeling.



# FISH IS A HEALTHY RECOMMENDATION IN ALL DIETS



**FRANCE** : The French government publishes the ‘**National Nutrition and Health Program (2019-2025)**’. It indicates:

- 1. Exercising and not living a sedentary life. .
- 2. **Healthy food**: fruits, vegetables, vegetable oils (rapeseed or olive), poultry and **foods rich in omega-3 fatty acids, including FISH**
- 3. Foods to avoid: fats, sweets, ultra-processed food and sugary and energy drinks.
- 4. To consume in moderation: red meat, alcohol and dairy (preferably rich in calcium and low in fat and salt).
- 5. Other advice from France includes: promoting a sustainable diet that favors the consumption of plant-based, locally produced, seasonal and organic foods; paying attention to the quantities consumed; prioritizing homemade and varied food and looking at the Nutri-Score logo to identify healthy products.

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**GERMANY:** The German Nutrition Society publishes the guide '**Ten guidelines for wholesome eating and drinking**', in which it states:

1. Healthy food: cereals, potatoes, vegetables, fruits, dairy (in small quantities), **FISH**, eggs, vegetable oils and low-fat meat.
2. Foods to avoid: sugar, saturated fat and salt.
3. To consume in moderation: red meat and alcoholic drinks.
4. Additional advice includes not overcooking food in order to preserve all its nutrients, giving oneself enough time to enjoy meals and drinking plenty of water.



# FISH IS A HEALTHY RECOMMENDATION IN ALL DIETS



HARVARD UNIVERSITY: Its '**Healthy Eating Plate**' guide recommends:

1. **Healthy foods:** fruits, vegetables, salads, legumes, whole grains, nuts, poultry, olive or rapeseed oil and **FISH**.
2. Foods to avoid: ultra-processed food, sugary drinks, and trans fats.
3. To consume in moderation: red meat, dairy (once or twice a day) and alcoholic beverages.



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 **ITALY:** Italy in the document ‘**Dietary Guidelines for Healthy Eating**’, edited by the Council of Agricultural Research and Economics (CREA), recommends:

1. Keeping obesity and overweight at bay.
2. Exercising and living an active life.
3. **Healthy food:** fruits, vegetables, whole grains, vegetable oils (especially extra virgin olive oil), legumes and a variety of **SEAFOOD**.
4. Foods to avoid: fats (especially saturated), sugars, salt and alcoholic drinks.
5. To consume in moderation: low-fat dairy.
6. Other suggestions include drinking plenty of water and paying attention to nutritional labeling.


# FISH IS A HEALTHY RECOMMENDATION IN ALL DIETS



**NORWAY:** the Norwegian Directorate of Health publishes the guide “ Norwegian guidelines on diet, nutrition and physical activity”, which recommends for good health:

1. To avoid being overweight.
2. Doing exercise.
3. **Healthy foods:** vegetables, fruits, whole grains, **FISH** and low-fat dairy and vegetable oils.
4. Foods to avoid: processed products, salt and sugar.
5. To consume in moderation: alcoholic drinks and red meat.
6. It also advises balancing calories provided by food or beverages and calories burned during exercise.

# FISH IS A HEALTHY RECOMMENDATION IN ALL DIETS

 **SPAIN:** the Spanish Agency for Food Safety and Nutrition (AESAN) publishes the guide '**Eat healthy and move: 12 healthy decisions**'. Its advice includes:

1. To avoid being overweight.
2. Doing exercise.
3. **Healthy food:** vegetables, **FISH**, fruits, rice, pasta, potatoes, milk and low-fat derivatives, olive oil, eggs, legumes, nuts and plenty of water.
4. Foods to avoid: saturated and trans fats, salt, sugar and sweets, ice cream and soft drinks.
5. To consume in moderation: fatty meats, cold meat and alcoholic drinks.



# FISH IS A HEALTHY RECOMMENDATION IN ALL DIETS

 **SWEDEN:** the Swedish National Food Agency publishes '**Find your way to eat greener, not too much and to be active!**'. It advises:

1. Not being overweight.
2. Exercising regularly.
3. **Healthy food:** vegetables, **FISH AND SHELLFISH**, fruits, berries, vegetable oils (except palm or coconut oils), low-fat meats, whole grains and low-fat, sugar-free and vitamin D-enriched dairy products.
4. Foods to avoid or regulate: salt, sugar and alcohol.
5. To consume in moderation: red and processed meat.
6. Sweden encourages an environmentally friendly diet and recommends portion control and looking for the National Food Administration logo to find the most nutritionally recommended products.



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 **USA:** every five years the US government publishes the '**Dietary Guidelines for Americans**' on how to achieve good health:

1. To avoid being overweight.
2. To exercise every day.
3. **Healthy food:** vegetables, fruits, cereals, low-fat dairy, vegetable oils, and **FISH**.
4. Foods to avoid: sugar, salt and saturated fat.
5. Foods to consume in moderation: meats, vegetable oils and alcoholic drinks.

# FISH IS A HEALTHY RECOMMENDATION IN ALL DIETS



**UNITED KINGDOM:** Public Health England's (PHE) dietary guidelines are covered in 'The Eatwell Guide', which highlights:

1. **Healthy foods:** fruits, vegetables, starchy carbohydrates (preferably whole grains); low-fat, low-sugar dairy or lactose-free alternatives; legumes, eggs, meat (preferably not red or processed meat), **FISH** and small amounts of vegetable oils.
2. Foods to avoid: those rich in fat, salt and / or sugar.
3. To consume in moderation: unsaturated oils.
4. To eat a balanced diet.



# FISH IS A HEALTHY RECOMMENDATION IN ALL DIETS



**WHO:** The World Health Organization publishes that "unhealthy diets and lack of physical activity are leading global risks to health" and includes in its recommendations that "**a healthy diet helps to prevent diseases such as diabetes, heart disease, stroke and cancer**".

1. **Healthy foods:** fruits, vegetables, legumes, nuts, skimmed dairy products, whole grains, lean meats and unsaturated fats, present in foods such as **FISH** or olive oil.
2. Foods to avoid: sugar, salt, alcohol, and palm or coconut oils.
3. WHO indicates that energy intake from fat should not exceed 30% of daily calories and stresses that eating habits are acquired in the first years of life.

## BENEFITS OF FISH



- Seafood is a source of energy and protein with high biological value, and contributes to the intake of essential nutrients, such as iodine, selenium, calcium, and vitamins A and D, with well established health benefits. Seafood also provides n-3 long-chain polyunsaturated fatty acids (LCPUFA), and is a component of dietary patterns associated with good health ( *Scientific Opinion on health benefits of seafood (fish and shellfish) consumption in relation to health risks associated with exposure to methylmercury*<sup>1</sup>. EFSA Dietetic Products, Nutrition, and Allergies (NDA)<sup>2, 3</sup> ).European Food Safety Authority (EFSA), Parma, Italy ).
- “The nutrients in fish provide benefits in all stages of life, from the first months to old age” ( *Philip C. Calder, head of human development & health and professor of nutritional immunology at the Southampton University*)
- Unsaturated fatty acids, omega 3 (predominant in fish), improve cholesterol levels but also reduce the probability of the blood clots , help to control blood pressure and control arrhythmia (V. Fuster in “*la cocina de la salud*”)
- Eat more than three servings of cold-water fish a week (David B. Agus, “A short guide to a long life”)

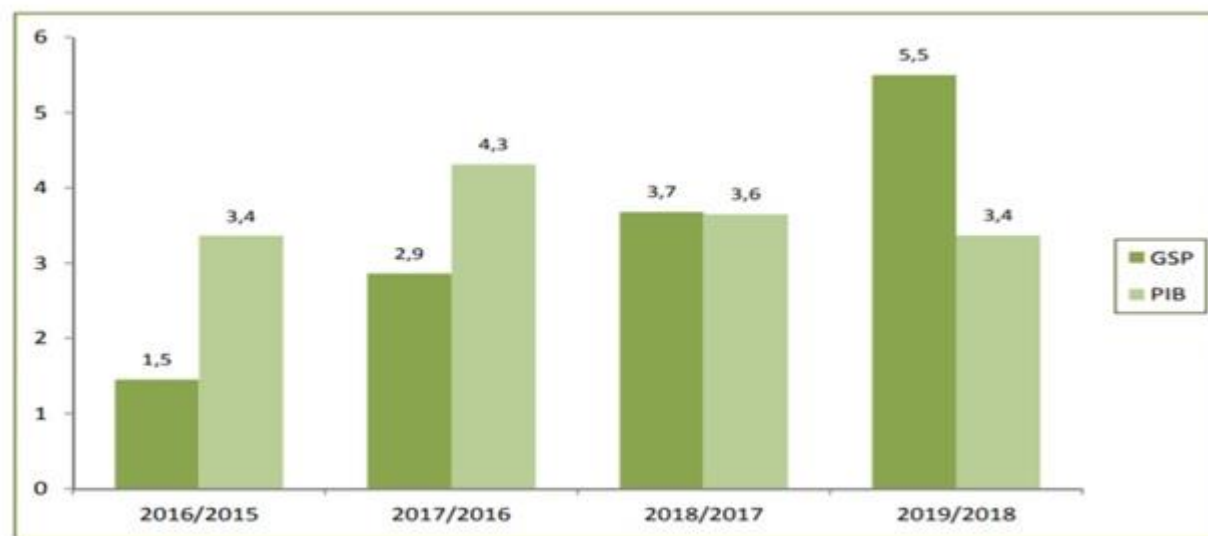
# THE COSTS OF A BAD HEALTH

Fish products like fruits and vegetables, are the basis of a good and healthy diet, as confirmed by the most important European countries and the most relevant organizations worldwide. Lowering the VAT on fish would mean an increase in their consumption and a healthier diet and would reduce diseases and health costs.

Annual percentage of Public health expenditure on gross domestic product (GDP)	
2019	
EEUU	17,0%
ALEMANIA	11,7%
FRANCIA	11,2%
UK	10,3%
PORTUGAL	9,6%
ESPAÑA	9,0%
ITALIA	8,7%

Fuente: OCDE

Gráfico 1: Variación porcentual del Gasto Sanitario Público Consolidado (GSP) y el Producto Interior Bruto (PIB)



Fuente: Ministerio de Sanidad, Gobierno de España