

NOTICE OF PUBLICATION



AQUACULTURE & FISHERIES INNOVATION LAB

RESEARCH REPORTS

Sustainable Aquaculture for a Secure Future

Title: Fish Fill Ponds, Plates and Pocketbooks in Nepal

Author(s): B. Goodwin¹ and L. Carroll¹

1. AquaFish Innovation Lab, Strand Agricultural Building, Oregon State University, Corvallis OR 97331 USA

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Abstract: When it comes to nutritional value, fish are hard to beat. They are rich in high-quality protein and contain assorted vitamins and minerals, such as iodine and selenium, which are important to human health. Fish also happen to be the best source of omega-3 fatty acids, making it a popular food choice around the world; billions of people include fish in their diets.

According to the Food and Agriculture Organization, about half of the fish that's consumed in the world is produced by aquaculture—the farming of aquatic life—making this activity a valuable source of nutrition as well as income.

In Nepal, where 41 percent of children under 5 suffer from stunting, families can increase their consumption of nutrient-rich fish by raising them at home. It can also provide a source of income to women, who often manage their households but lack opportunities to improve their livelihoods.

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