



CONFERENCIA INTERNACIONAL ARVI SOBRE EL FUTURO DE LA PESCA

ARVI INTERNATIONAL CONFERENCE
ON THE FUTURE OF FISHERIES



LA EDUCACIÓN NUTRICIONAL DE HOY ES LA BASE DE UN FUTURO SALUDABLE.
NUTRITIONAL EDUCATION OF TODAY IS THE FOUNDATION FOR A HEALTHY FUTURE.

Conclusions of the “ARVI 4th International Conference on the Future of Fisheries: nutritional education today is the basis of a healthy future”

Vigo, 22nd June, 2017

Following the speeches by Jogeir Toppe, Kayo Kurotani and the Chef, Pepe Solla, at the “ARVI 4th International Conference on the Future of Fisheries”, held on the above date, entitled “Today’s nutritional education is the basis for a healthy future”, the conclusions to be drawn are that:

30% of the world population has deficiencies in micronutrients (iron, iodine, vitamins, zinc, etc.). So the lack of zinc means that 800 thousand children die worldwide each year. The parts of fish that are discarded (bones, skin, etc.) could make up for or help to make up for this lack of micronutrients if these parts were suitably used.

It is estimated that 30% of the fish products that are not used are by-products that could be used to fight against malnutrition since they contain high levels of essential components for health.

The risk-benefit ratio for eating fish shows that more weekly portions of this product can be consumed (e.g., it would be positive to eat an average of 7 portions per week). To achieve this balance, it is important to measure the amount of Omega-3, selenium and mercury in each species since selenium and Omega-3 counteract mercury levels.

There are scientific reports that show how fish consumption in expectant mothers increases their offspring’s intellectual coefficient (IQ) by 6%.

In Japan, the Basic Law governing learning healthy eating (*Shoku-iku*) sets out compulsory subjects, starting at primary school, on nutritional education. This education makes it possible for school lunchrooms to offer menus based on a balanced diet, for 33 euros a month. This Basic Law in Japan stems from plans subject to a five-year evaluation.

It has been demonstrated in Japan that people who have followed a healthy diet have a 15% higher life expectancy than those who have not done so.

There is a need for collaboration between the fishing sector, researchers and culinary professionals in order to improve the quality of fish.

All these factors should lead to a debate among the parties involved, which would contribute to implementing regulations in Spain governing nutritional education and a healthy diet.