





Even when it's small businesses hauling catch out of the oceans, the fish might not be staying local. *Tane Sinclair-Taylor*

Their results show that in tropical countries with high malnutrition, eating local fish could boost the quality of residents' diets. "There's a predictable set of micronutrient deficiencies that you see in populations where people don't eat a lot of meat or milk," says Andrew Thorne-Lyman, a Johns Hopkins nutritionist and one of the study authors. That includes six micronutrients that are crucial to human health: zinc, iron, calcium, selenium, omega-3, and vitamin A.

Generally, those elements can be found in species that are high in demand for fish meal, like anchovies off the coast of Peru or sardinella from West Africa. As a result, those smaller fish are landing in the stomachs of farm-raised salmon and supermarket species in other parts of the world.

In the West, fish is often thought of as a low-fat protein source—but they hold many more nutrients, especially when prepared simply and whole. "These small dried fish have been an important source of micronutrients probably for centuries," Thorne-Lyman says.

"When considering what fish we should eat, given that fish is good for us, it is time to take a broader perspective about how 'us' is being defined," [writes fisheries scientist Daniel Pauly](#) in a commentary published with the *Nature* study. This new information, he adds, "could be used to put a spotlight on fish availability when thinking of ways to prevent human disease caused by micronutrient deficiencies."

Link: <https://www.popsoci.com/most-nutritious-fish-in-oceans-arent-being-eaten-by-people/>