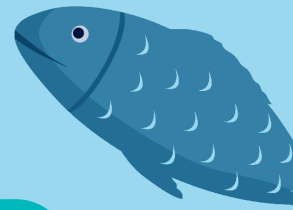




Fish for Nutrition and Income



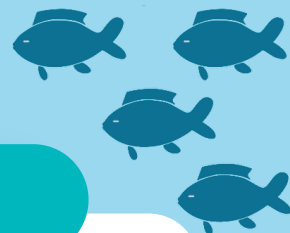
Health

Fish is an excellent source of protein, which is essential for good physical growth and brain development.



Strength

Fish is rich in calcium, phosphorus, zinc, iodine, magnesium, and potassium. They provide strength to the bones and the body.



Resilience

Fish is rich in omega-3 fatty acids and vitamins such as A, B12, D & E, which are important to regulate body function and protect against diseases.



Child Nutrition



Regular consumption of fish reduces stunting and other forms of malnutrition in children.

Nutrition for all

Fish is the primary source of protein for the people in the Sepik.



Livelihoods



Many families process fish and sell it in local markets to earn cash incomes.

EU-STREIT PNG

This Programme is supporting the development of coastal, riverine and inland fisheries value chains and fish processing for better nutrition in the Sepik.



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