



Fish Intake and Human Health: Evaluating the Nutrients and Benefits

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Message from the Guest Editors

Dear Colleagues,

Fish (finfish or shellfish) are essential to a healthy diet. Fish are the primary sources of healthy long-chain omega-3 fats and are rich in other nutrients such as vitamin D and selenium, high in protein, and low in saturated fat. There is strong evidence that eating fish or taking fish oil has a positive impact on the heart and blood vessels.

This Special Issue of *Nutrients* seeks to include manuscripts that provide new insights into the recent advances in the discovery and development of the beneficial compounds (proteins, lipids, peptides, etc.) derived from fish. In addition, their biological effects on cell or animal models will be addressed. Systematic surveys and meta-analyses of fish intake and human health will also be included.

We encourage scientists working in this field of research to submit original research articles or critical reviews that synthesize the current research literature and discuss emerging directions. Thus, these studies will promote the sustainable development of fish aquaculture and the processing industry.





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