



Opportunities created by pandemic for seafood industry time for action and change

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Abstract:

The C-19 Pandemic has created havoc with supply-demand chains, and it is difficult to imagine we will ever get back to what was 'normal' so the opportunity for action and change presents itself. Health, Environment and Food Security dominate the opportunities. This presentation will focus on those issues with emphasis on seafood consumption for health. Seafood as a whole food is highly nutritious. Benefits to human health associated with the consumption of seafood are noted for multiple bodily organs and physiological functions. Seafood compares favorably with other protein sources in all areas but importantly it offers superior macronutrients in the ideal form of lean proteins combined with healthy omega-3 long chain polyunsaturated fatty acids (n-3 LCPUFAs), and a wide array of highly bioavailable micronutrients and vitamins. Increasing seafood consumption is an imperative but changing habits is difficult so it is important for the seafood industry and relevant others involved to consider steps to support the great advantage that the health marketing angle gives seafood and how this is backed by scientific research.

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