Good practice for fish consumers

Fish is very tasty, good for all types of people like children, elderly and youth because it provides body strength.

Good quality fish tastes good to consumers thus always buy the best quality fish. Proper fish preparation helps to maintain its quality, safety and nutritional value as they provide proteins to consumers making them strong and healthier. However, only buy fish from clean fish stores with clean equipments.

Benefits of fish

Fish contain beneficial minerals like calcium, potassium, phosphorus and magnesium that are needed for proper body functioning. Additionally fish also provide vitamins like vitamin A, B, D and E as well as fats in form of Omega 3. These help to protect people against heart diseases as well as brain development.

Selecting good fish

Make sure the fish seller is clean and only buy fresh fish with shinny clear eyes protruding out, red gills for fresh fish with fish body bouncing back when touched. Buy clean, undamaged fish with no dirt.

Also buy brown smoked fish but not black. Additionally smoked fish should not be Brocken and should be free from insects. For lake sardines these should be clean, shinny with no dirt. Lastly salted fish should be yellow and insect free.

Proper fish preparation

Always cook or preserve fresh fish as soon as possible. Also

cover fresh fish after buying as this helps to protect it from dirt and flies. Additionally, wash hands and utensils before and during fish preparation. Always remove intestines, gills and wash fresh fish well. Furthermore, soak dry or smoked fish in clean water to facilitate softening and lastly, eat fish soon after cooking to control flies invasion.