

***EFFECT OF FISH PROTEIN
CONSUMPTION ON BLOOD LIPID
PATTERN IN EXPERIMENTAL ANIMALS***

**THESIS
SUBMITTED IN FULFILMENT OF THE
REQUIREMENTS FOR THE DEGREE OF
DOCTOR**

**IN
HOME ECONOMICS
(NUTRITION & FOOD CHEMISTRY)**

BY

**FATMA HASSAN ABD EL RAZEK
B.Sc 1974 (Nutrition & Food Chemistry)
M.Sc 1983 (Nutrition & Food Chemistry)**

**WOMEN'S COLLEGE
AIN SHAMS UNIVERSITY**

**DEPARTMENT OF BIOCHEMISTRY
AND NUTRITION**



1993

subject : *Effect of Fish Protein Consumption On Blood Lipid
Pattern In Experimental Animals*

Supervisors

Prof. Dr. Nazira Afify Shehata

Nazira Afify Shehata

Prof. of Nutrition, Dept. of Biochemistry and
Nutrition, Women's College, Ain Shams Univ.,

Prof. Dr. Fikry Ibrahim El Nahry

Prof. of Nutrition, Head of Nutritional Biochemistry,
Dept., Nutrition Institute, Ministry of Health.

Prof. Dr. Abd El Moneim Darwish

Abd El Moneim Darwish

Prof. of Nutrition, Nutrition Institute, Ministry of
Health .

Dr. Asma Ahmed Ibrahim

Asma Ahmed Ibrahim

Assistant Prof. of Nutrition, Dept. of Biochemistry
and Nutrition, Women's College, Ain Shams Univ.,

Head of Department



ACKNOWLEDGMENT

The investigator wishes to express her deepest faithful gratitude and sincere appreciation, to Prof. Dr. Nazira Afify Shehata, Prof. of Nutrition, Dept. of Biochemistry and Nutrition, Women's College, Ain Shams Univ., for her great efforts, help, continuous patience, thoughtful guidance throughout the work and writing of this thesis.

I would like to dedicate my sincere gratitude, infinite and deepest thanks to Prof Dr. Fikry Ibrahim El Nahry, Prof. of Nutrition, Head of Nutritional Biochemistry, Dept., Nutrition Institute, Ministry of Health. Prof Dr. Abd El-Moneim Hassan. Darwish, Prof. of Nutrition Dept., Nutrition Institute, Ministry of Health and Dr. Asma Ahmed Ibrahim, Assistant Prof. of Nutrition, Dept. of Biochemistry and Nutrition, Women's College, Ain Shames Univ., for their help; Supervision; guidance; encouragement and great efforts throughout this work.

I would like also to express my sincere thanks to Dr. Fikry El Rayes, head of scientific computation section, Agricultural Research center, for his help during the statistical analysis.

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INTRODUCTION AND AIM OF WORK

INTRODUCTION

Fish and marine foods are good meats to use in the diet because of their low fat content. They are considered one of the most important protein sources in many countries of the world, as the most widely used especially in the developing countries due to their low prices.

Fish can be divided into several categories : white fish (plaice, haddock, cod, etc), oily fish (herring, mackerel, white bait, etc.), freshwater fish (carp, salmon, trout, etc.), and shellfish (crab, lobster, mussels, etc.). White fish is the only " safe" fish for people on a low cholesterol diets. Some of these fishes are quite rich in fat, such as halibut. (Walsh, 1977).

Fish is an excellent source of protein, minerals, and vitamins. Fish oil contains a good proportion of vitamins A ,D and E and a higher amounts of unsaturated fatty acids than animal fat. Also it is a good source of calcium, phosphorus, iron and trace elements such as copper (Anderson, 1959).

The low, death rate from coronary heart disease among many population may be due to their high fish consumption and their high intake of marine foods such as Eskimos and Japanese (Bang, et al., 1980).

The lower rate of cardiovascular disease in Greenland Eskimos is also due to their high intake of marine foods. The lipids content of these foods was found to lower serum triglyceride and cholesterol

values and help to prevent blood clotting. (Carroll, 1986).

Fish protein is a good quality protein which undoubtedly can be a great contribution to the protein requirements of growth and development as well as those of the adult. Even small quantities may improve problems of protein malnutrition, Mayer, (1962).

The high nutritive value of fish protein is due to its content of essential amino acids.

AIM OF WORK

This work was conducted to study the effect of different kinds of fish proteins on serum lipid pattern i.e.(cholesterol, triglycerides, phospholipids and total lipids).

REVIEW OF LITERATURE