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

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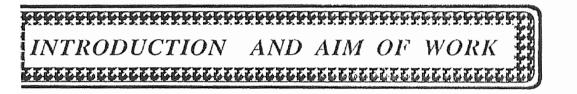
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#### INTRODUCTION

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

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

Fish is an excellent source of protein, minerals, and vitamins. Fish ill 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 nany population may be due to their high fish consumption and heir 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 great contribution to the protein requirements of growth and levelopment as will as those of the adult. Even small quantities may mprove 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