

International Conference on **Food Safety & Regulatory**
&
3rd International Conference on
Water Microbiology, Water Sustainability and Reuse Technologies
December 03-04, 2018 | Chicago, USA



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Multi omega 3-6-9 fatty acids and other essential micro and macronutrients present in fish and some vegetable oil is highly beneficial for human health

Fish, as well as some vegetables and plant-based oils, are consumed as food in virtually all regions around the world. In many developing countries, fish, flax and borage oil are essential for providing macronutrients and micronutrients to vulnerable populations. Macronutrients such as proteins and fats are important for the growth and development of the body, maintenance, and repairing of worn out tissues and for the production of enzymes and hormones required for many body processes. Micronutrients such as vitamins and minerals are an integral component of the human diet, preventing malnutrition and are also essential for the proper growth of children. Oily fish are also rich in omega-3 fatty acids which are essential for healthy brain, eye and nerve development in babies and children. Research has found that eating fish high in omega-3s can slash blood fat levels, which can contribute to a lower heart-disease risk. Research has also linked fish and omega-3 consumption to the treatment of skin conditions such as psoriasis. Several studies have found that when taken along with prescription antidepressant medications, the omega-3s in fish are more effective at treating depression than just prescription medication alone. They are also beneficial to your heart health and there is emerging evidence to suggest that eating fish reduces the risk of cancer and arthritis. For vegetarian, it is best to supplement with some vegetable oils such as flax and borage oils which incorporate a healthy lifestyle and good diet. Alpha-linolenic acid, or ALA, is the primary omega-3 fatty acid found in flax oil that needs to be converted in the body to have optimal health benefits. Gamma linolenic acid, or GLA, is the omega-6 fatty acid found in borage oil and is readily available for your body to utilize in its native form. Flaxseed oil can be used to improve skin conditions, counter constipation and perhaps inhibit cancer growth. Borage oil is mainly prescribed for PMS and menopausal symptoms. Thus, fish, as well as some vegetables and plant-based oils, has been an important source of omega 3-6-9 fatty acids which also provides macronutrients and micronutrients in human diet from time immemorial.

Biography

Nchumbeni Humtsoe obtained her PhD Degree from the University of Mumbai, India and completed a course on "Professional Planning and Development Programme in fisheries" from CIFE, Kolkata, India. She is specialized in fish nutrition and feeding technologies. She attended several conferences both at the National and International level and had presented and published research papers. She was one of the Keynote Speakers during the 6th Global Summit on Fisheries & Aquaculture held at Osaka, Japan and 9th International Conference of Fisheries & Aquaculture held at Rome Italy during the year 2017. She had represented scientist team from India and attended 7th Indo-Pacific fish Conference at eld at Taiwan during the year 2005. She had published several articles on health and environmental issue. She is a competent researcher and can work well in a team with good communication skill and tackle any challenges positively. She is a life member of Indian Fisheries Association since 2008 and life member of Nagaland Fisheries Technical Association and currently working as Fishery Inspector in the Department of Fisheries & Aquatic Resources, Government of Nagaland, India.

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