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MERITS OF FISH IN NUTRITION NOTED BY SECRETARY UDALL

In a statement coinciding with the opening of the World Food Congress in Washington, D. C., under sponsorship of the United Nations Food and Agriculture Organization, Secretary of the Interior Stewart L. Udall today called attention to the nutritional advantages of fish and shellfish for the earth's populations.

Secretary Udall noted particularly the high-quality protein available in fish products and expressed optimism that further research in global laboratories would soon provide ways by which the great untapped reservoir of food in the oceans can be used to help feed millions of hungry people in other lands.

Fish protein is easily digested, the Secretary said, making it ideal for special diets of children and older citizens. He added that fish is high in minerals and many vitamins and low in carbohydrates and saturated fats.

For example, he pointed out, the important nutrient found in tuna is a high-quality protein used for building body tissues. It also contains vitamins of the B complex and essential minerals such as calcium, phosphorus, iron, copper, and iodine. Tuna and other fish are rich in vitamins A and D, and a serving of salmon, tuna, or mackerel will provide about 10 percent of the daily requirements of vitamin A and all the needed vitamin D.

The Department's Fish and Wildlife Service reports that United States canned salmon, tuna, Maine sardines, and halibut are in good supply and available nationally at prices attractive to all budgets.

Secretary Udall said research is underway to perfect a fish protein concentrate (FPC), a highly nutritious fish extract that has great promise for some day supplying low-cost, large-volume protein anywhere in the world. Current studies point to an odorless, tasteless FPC that could be added to the normal diet to increase protein consumption. Animal protein deficiency is one of the major dietary "gaps" in many nations.

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