

Unlocking the Potential of Fish to Improve Food and Nutrition Security in Sub-Saharan Africa

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Abstract

Approximately one-third of the global population suffering from chronic hunger are in sub-Saharan Africa (SSA). In addition to high prevalence of chronic hunger, millions of people suffer from micronutrient deficiencies. Meanwhile, there is growing consensus across scientific disciplines concurring that fish plays a crucial role in improving food and nutrition security. Therefore, the present review aims to demonstrate the role of fish and the whole fisheries sector towards securing food and nutrition security in SSA by summarizing the existing literature. Fish is a treasure store of animal protein and essential micronutrients such as zinc, iodine, calcium, and vitamins, which are essential in human nutrition and have proven to help reduce the risks of both malnutrition and non-communicable diseases. Policymakers, development agencies, and society should recognize the role that the fisheries sector can play in combatting hunger and undernutrition, especially for the poor and marginalized people in SSA.