

MARINE FUNCTIONAL FOODS

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The use of foods for special purposes such as treatment and prevention of diseases has been known for long times. In the recent years, functional foods has become very popular in parallel to an increase at scientific invention food-health relation, accordingly an increase in the interest of consumers to subject. Functional foods protect weal, develop and reduce the risk of diseases. Functional foods are known to provide health benefits and preventive effects on human body and nowadays, there is a huge and increasing interest among production industry and consumers on these products. Marine products, containing a good amount of omega-3 fatty acids, proteins, vitamins, bioactive peptides, a variety of minerals and enzymes, are one of the most important sources of functional foods and components. Seafood structure that they have, Omega-3 polyunsaturated fatty acids, proteins, vitamins, bioactive peptides, enzymes with various minerals and functional food in itself. Located in seafood by people taking these substances are very important for human health. Seafood products directly induced functional food ingredients, food ingredients, and the extract was additive (liquid, powder, capsule, etc.) produced in the forms. Biodiversity of marine products and they contain proteins, bioactive components such as pigments, oils and fatty acids and many new components are valuable sources of healthy food. For products to be manufactured markets consumer interest in products made and recognize and develop research should be conducted. In addition to the consumer benefits of functional food consumption should be encouraged to assimilate.

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