

Andalusian scientists find a treatment for hypertension in fish discards

LOCATION: Granada

DURATION: 1'37"

SUMMARY: Researchers from the University of Granada have developed a low cost treatment for high blood pressure using the fish discards that arrive at the port but don't enter the commercial chain. The muscles and oils from these fish can contribute to the creation of functional food that can lower blood pressure and cholesterol.

VTR:

Of all the fish that arrive at the port, there are some that don't enter the sales channels. These are the discarded fish, and researchers from the University of Granada have developed low cost treatments for high blood pressure using proteins from the muscles of the fish.

EMILIA MARÍA GUADIX
University of Granada Researcher

"They have the capacity to lower blood pressure, cholesterol, and to be an antioxidant."

FRANCISCO JAVIER ESPEJO
University of Granada Researcher

"We could incorporate nutrients to food that can help people with high blood pressure to control or reduce their blood pressure levels."

Until now the discards were thrown into the ocean, but more than 90% of these fish die, generating an irresponsible use of natural resources and a negative environmental impact. This practice has been prohibited since 2015, and now researchers are trying to find a use for these fish.

EMILIA MARÍA GUADIX
University of Granada Researcher

"The discards are basically made up of non-commercial species and fish that are too small or exceed the fishing quota."

As well as their study with proteins, these researchers work with the fishes' oils, which could be used in functional food as they have health benefits.

PEDRO JESÚS GARCÍA
University of Granada Researcher

"The sardine, like the bogue, the horse mackerel, the dogfish, and the red sea bream have a high lipid content. These lipids, the oils from these fish, have a high Omega 3 fatty acid content. We are increasing the functional capacity that this type of foodstuff has. I'm talking about milk, mayonnaise, salad dressing, ice cream, etc."

Two lines of research propose different options for how to take advantage of these discards that, in Spain, are estimated to be more than 164,000 tons per year.

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