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Barbus grypus) species obtained from the same region were used. Cod fish was given as the best example of lean fish, and some salmon species, herring and mackerel, were placed in the fatty fish group. These factors are elaborated in the subcAAAs sections that follow. Fish are divided into two groups based on their habitat: marine fish and freshwater fish. The n<sub>6</sub>/n<sub>3</sub> fatty acid ratio recommended by the World Health Organization is 1:1 or above [3]; hence, fish consumption should be increased or foods rich in n<sub>3</sub> fatty acids should be consumed for proper nutrition and disease prevention. Fish are the most important sources of these fatty acids; fatty fish, such as sardines, mackerel, anchovies, and some salmon species, are rich in EPA and DHA. Although the ability to digest lipids is affected by many factors, the superior lipid digestion ability of carnivorous species is suhcrartneciD, atarua surapSseiceps hsif eerht gnoma ycneiciffe nietorp dna ygrene fo nosirapmoC :D nalkS ,WG lissiK ,I hcstapuL .scitsiretcarahc acigoloib dna latnemnorivne evah )smsinagro(slamina citauqA.htlaeh namuh roof focruos tnatropmi na sa desu eb nac erofereh hin' : sa euq uotaler odutse esse ,ossid m<sup>c</sup>ĀLA .16x.99000.7002.3754 - 5471.j/1111.01 :iod .ateid an sodimusnoc res meved siaicnesse soxarg sodic;Ā sesse :soxarg sodic;Ā sotrec razitetenis edop ofĀn onamuh oproc O .salpud sejūĀsĀgil siam uo saud m<sup>a</sup>Āt )AFUP( sodarutasnilop soxarg sodic;Ā sO ;alpud ofĀsĀgil acin<sup>o</sup>Ā amu m<sup>a</sup>Āt sodarutasnionom soxarg sodic;Ā so e alpud ofĀsĀgil m<sup>a</sup>Āt ofĀn sodarutas soxarg sodic;Ā so :salpud sejūĀsĀgil ed orem<sup>o</sup>Ān on e aĀneserp an esab moc sodacifissalc ofĀs soxarg sodic;Ā ed saluc<sup>c</sup>Ālom sA .AHD e APE me soxarg sodic;Ā 3 N 81 retrevnog medop ecod aug;Ā ed sexiep sotium euq ed ofĀsulcnoc Ā uovel AFE 3 -ā cĀN ed savita etnemacigoloib samrof meres sodarbetrev son AHD o e APE a ed otaf O .63.53-4 .16-05 :91,7002 ,dooF elcsuM fo lanruoJ .433-523 :971.9991 ,erutlucauqA .sotluda e saĀnairc me recnĀc e elep ed e sianer soibrĀtsid ,setebaid 2 opit ed opit ,enumiotua aĀneod ,ofĀsĀamalfni e etirtra odniulcni - saĀneod samugla ed otnematart e ofĀsĀneverp Ā ocig<sup>3</sup>Āloirbme otnemivlovnese od ,anamuh ed<sup>o</sup>Āas an etnatropmi lepap mu mahnepmesed )AFUP( sodarutas ofĀn soxarg sodic;Ā etnemralucitrap e exiep ed soxarg sodic;Ā sO .C errepleD ,P edualcsorG ,M loyaraC .AHD e APE ofĀs ,ram o e olabor o arap etnemlaicepse ,sorovĀnrac sohniram sexiep arap setnatropmi siam soxarg sodic;Ā sO .J05 ,64[ etneicifusni res edop adazitetnis edaditnauq a ,sosac snugla me ,otnatne oN ;setneicifusni ofĀs AHD o e APE a odnauq ocin<sup>a</sup>Ālonil odic;Ā moc sotisiuquer sues etnemlaicrap redneta edop sam ,sedaditnauq sednarg me soxarg sodic;Ā siod sesse egixe aturt a ,oir;Ārtnoc oleP ;aturt a arap setnatropmi majes ofĀn AHD o e APE a euq acilpmi ofĀn ossi .seralucsvaoidrac saĀneod ed ofĀsĀneverp an setnatropmi sejūĀsĀnuf e oin<sup>c</sup>Āmroh oa sodanoicaler serecnĀc ed ofĀsĀneverp an soxarg sodic;Ā so arap etnatropmi lepap mu mazitafne sodutse sessE .111-401 :)( 89,6002 yrtsimehC dooF .463231901.5102.91121790/0801.01 :iod .soidĀpil e sanĀetorp ed ofĀsĀisoped arap sacit<sup>c</sup>Āgrene sasepsed :sueneA .J13[ .J13[ ecod aug;Ā ed sexiep me 37,0 ed iof odaĀnacla otla siam levĀn o otnauqne ,1 ed amica mavatse sahniram seic<sup>c</sup>Āpse sa sadot me 6 N/3 N The important issue, which should not be neglected, is that lipid content in fish can vary significantly. Reviews in Aquaculture, 2009,1: 71-124. 2000,49: 165-180. British Nutrition Magazine. 2007,20: 275-285. STD; 2007, p. Sargent JR, McEvoy LA, Bell JG: Requirements, presentation and sources of polyunsaturated fatty acids in marine fish larval foods. Piggott GM, Tucker BW: Seafood: Effects of nutrition technology. Fats and fats in human nutrition: introduction. Nutrition of aquaculture. Although the fatty acids of the group N 3 that cannot be synthesized in the varie body in different species and individuals, the fish contain significant amounts of N 3 fatty acids. Grekāce MA, Tasbozan O, Elik M, TabakoĀylu SS: Seasonal variations in the compositions of nearby acids and fatty acids of the female common sole (*Solea Solea*). Duda1 MK, O'Shea KM, Stanley WC: N "3 Supplementation of polyunsaturated fatty acids for the treatment of heart failure: mechanisms and clinical potential. Ā-zoĀyl y, ā-zoĀyl f, ā-iĀsek e, polat A, kĀley and: fat content and compositions of fatty acids of 34 species of marine fish in the Mediterranean Sea. Among marine fish, at 22.6%, the lowest proportion of PUFA The lowest was found in Waker and, with 44.2%, the highest proportion was found in blue fish. Levels Ā 3 ranged between 18.21 and 26.31%; The highest value was determined in sea-wretched fish, the values "6 of 6 years varied between 7.11% (savages) and 18.1% (blue fish). 2016, 1, 1-12. 2014, 24(2): 225-232. 2014, 24(1): 11-17. 2013, 12(1): 125-135. The main role of fish oil for the utilization of fatty acids in the diet of fish is the availability of fatty acids and the quality of fish oil.

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