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# The Nutrient Content as Indicator of the Validity of Fish as a Healthy Food Source

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**Abstract:**

Environmental deterioration and starvation, in all its manifestations, are spreading at a rapid pace over the planet. Poor diets combined with unsustainable food systems might be regarded one of the key contributors to these worldwide problems. Fish is typically recognized as a healthy food item as indicated by its nutritional content. In this issue, Shamsan et al. (2025) investigated nutritional value of a commercial fish species, *Platycephalus indicus*. The values of moisture, protein, ash, and fat content reflect its nutritional value for humans, which suggest that this type of fish is suitable for usage as a nutritious food item. Thus, nutritional content may be exploited to determine the quality of fish products as a healthy food source.



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