

RESEARCH AREA 2

DIET AND FOOD PRODUCTION

JOINT ACTION:

Food Processing for Health



ProHealth

Innovative processing to preserve positive health effects in pelagic fish products

WHAT

Innovative and scientific approaches are required to optimise food processing to better allow different foods to contribute to or improve health. ProHealth proposed to develop a comprehensive toolbox of optimised existing and novel technologies for developing healthy, high quality, safe and sustainable fish products from pelagic fish species.

WHO

The consortium consisted of 5 partners from 4 countries (Ireland, Italy, Norway and Poland). The partners were: Teagasc, University of Perugia (own funds), Norwegian University of Science and Technology, SINTEF Fisheries and Aquaculture, and the National Marine Fisheries Research Institute, Gdynia.

The ProHealth project management was under the responsibility of a coordination team; Turid Rustad (NO) was the project coordinator.

HOW

ProHealth supported research to:

- Identify the main consumer preferences for pelagic fish products.
- Optimise processing technologies for production of pelagic fish food matrices that are healthy, safe and with good sensory properties.
- Understand the effect of processing methods on preserving quality and safety with a special focus on health promoting nutrients.
- Understand the effect of processing methods on the bioactivity and bioavailability of healthy components in model pelagic fish products.

WHEN

ProHealth ran for a period of 3 years from March 2016 to March 2019.

FUNDING

ProHealth was part of the JPI HDHL Joint Action Food Processing for Health and was funded through a virtual common pot model. It received approximately 0.9 M € through funding organisations in Ireland, Norway, and Poland.

Coordinator: **Prof. Turid Rustad** (NTNU, Norway)



More information: JPI HDHL FP4H Secretariat
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