
Contents

Preface	VII
 <i>Fish as Food</i>	
Feldheim, W. (Kiel): Nahrungsreserven des Meeres	1
Hillcoat, J.B. (Edinburgh): Fish Farming	10
Rumm-Kreuter, D.; Demmel, I. (Rotkreuz): Die Rolle des Fisches in der Ernährung	22
 <i>Diet and Human Health</i>	
Joossens, J.V.; Kesteloot, H. (Leuven): Fish Consumption and Health Status . . .	37
Kesteloot, H. (Leuven): Nutrition and Public Health	45
Deslypere, J.P. (Ghent): Effect of Fish Consumption Compared to Intake of Fish Oil	53
 <i>Omega-3 Polyenic Acids</i>	
Poisson, J.-P. (Dijon): Omega-3 Polyenic Acids: Sources, Intake	70
Granström, E. (Stockholm): Omega-3 Polyunsaturated Fatty Acids: Biochemical Actions	87
Bourre, J.-M.; Dumont, O.; Picciotti, M. (Paris); Pascal, G.; Durand, G. (Jouy-en-Josas): Nutritional Fatty Acids Control. Composition and Function of Cerebral Membranes	95
Varela, G.; Pérez, M.; Ruiz-Roso, B. (Madrid): Changes in the Quantitative and Qualitative Composition of Fat from Fish, due to Seasonality and Industrial and Culinary Processing	104
Wolfram, G. (Weihenstephan): n-3 Fatty Acids – Health Aspects	110

ISFE Prize 1989: Strategies to Influence Nutrition Behaviour

Somogyi, J.C. (Rüschlikon-Zürich): Laudatio für Herrn Prof. Dr. V. Pudel und Herrn Diplompsychologen J. Westenhöfer, Preisträger des ISFE-Preises 1989	120
Pudel, V. (Göttingen): Die Vier-Jahreszeiten-Kur. Konzept, Entwicklung, Durchführung	124
Bender, A.E. (Surrey): Laudatio for Mrs. Maisie C. Steven, Winner of the ISFE Prize 1989	128