

# Physico-Chemical Properties and Nutrition of Marine Lipids

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## 1. Introduction

Marine lipids, especially long-chain polyunsaturated omega-3 fatty acids, play important roles in human nutrition and health. Despite their well-documented health effects, the global population generally do not reach these recommended beneficial levels through the consumption of seafood or dietary supplements. It has been suggested that only 20% of the world population consumes the minimum amounts of marine lipids required recommended for health benefits [1]. Today, the main dietary sources of marine lipids are fatty fish, such as anchoveta, tuna, herring, sardines, mackerel, salmon, trout, and fish oils, from sources like anchoveta, sardines and cod liver. Moreover, shellfish, such as crab, mussels, and oysters, act as lipid sources in human diets. According to Food and Agriculture Organization [2], the global marine database includes catches of more than 2600 species, and many of these species are not being fully exploited for their potential as dietary marine lipid sources for food and health. These can be species found at lower tropic levels than those caught for commercial fisheries, and they may become important for future food security and nutrition. Additionally, seafood resources that are lost through the value chain may be upcycled as marine lipid sources and reintroduced into the food value chain as food for human consumption or a lipid source for feed. Marine lipids are scarce resources, and these new unexplored or underutilized marine biomasses may become a nutrient source for the growing world population. For this to happen, more knowledge is needed to explore what marine lipids the ocean can provide and their nutritional and chemical composition, stability, and physico-chemical properties to uncover their potential applications in future products. It is important to understand the nature of the properties of marine lipids during their storage, handling, processing, and fortification into food or feed products in order to improve their potential use as ingredients. This Special Issue conducts research to increase the availability and consumption of marine lipids. This could include studies of new and current marine lipid resources and their properties in food, consumption and stability, logistics and value chains, extraction and refinement, technologies, and consumers' insights regarding marine lipids in food. Food production leads to the depletion of our natural resources [3], and there are already supply challenges in terms of preparing for and securing future nutrition in a sustainable way. It is expected that a significant portion of our food supply will have to be sourced from the ocean. According to the Global Nutrition Report [3,4], poor diets and malnutrition are still among the greatest global social challenges of our time, and research into how marine lipids can contribute to overcoming this problem is important.

## 2. Composition of Marine Lipids

Marine lipids comprise a variety of lipid classes and fatty acids with different properties. The major marine lipid constituents are triacylglycerols, comprising more than 95% of food lipids, followed by phospholipids and sterols. There are also minor lipid components, such as carotenoids, vitamins, sphingolipids, sterol esters, wax esters, free fatty acids, and partial acylglycerols. Fatty acids are the main constituents of several lipid classes, in particular acylglycerols and phospholipids, and these fatty acids greatly define



**Citation:** Falch, E. Physico-Chemical Properties and Nutrition of Marine Lipids. *Foods* **2023**, *12*, 4078. <https://doi.org/10.3390/foods12224078>

Received: 26 October 2023

Accepted: 2 November 2023

Published: 10 November 2023



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# Marine Lipids

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