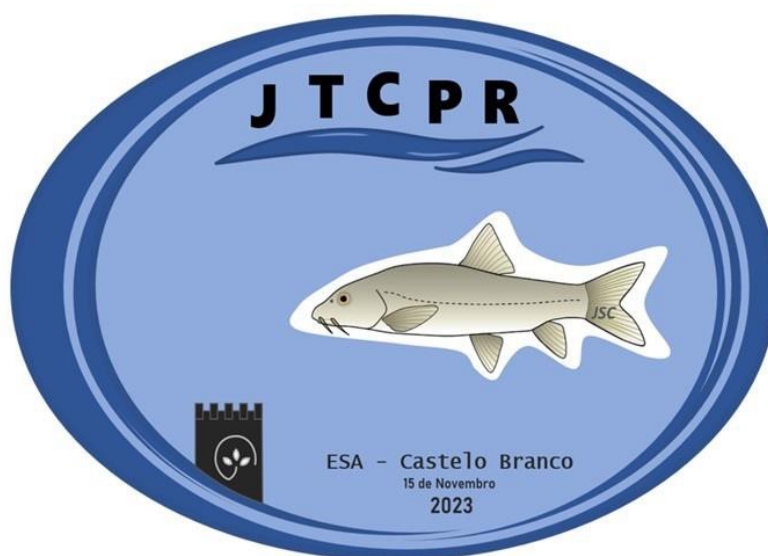


JORNADA TÉCNICA E CIENTÍFICA de PEIXES DE RIO

“INVESTIGAÇÃO, CONSERVAÇÃO e VALORIZAÇÃO”

LIVRO DE COMUNICAÇÕES



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JTCPR 1 - THE ACCEPTABILITY OF FRESHWATER FISHES IN PORTUGAL

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ABSTRACT

Throughout the Portuguese territory, the consumption of fish is an important part of the diet, and the *per capita* fish consumption is much higher than in other European countries. The European statistical data only evaluate the total fish consumption in Portugal. There is an information gap on how much of this consumption is freshwater fish. The aim of this work was to evaluate the approval of freshwater fish in the Portuguese population. An online survey (n=491 respondents) was conducted to determine the consumption habits and acceptability of freshwater fish. It was found that only 24.8% of the respondents considered freshwater fish and saltwater fish to be equally tasty and 54.9% said it was the same to consume freshwater or saltwater fish. We found that the supply of saltwater fish in the market is much higher ($p < 0.05$) than that of freshwater fish, which influences the preference at the time of purchase. Characteristics such as flavour or health benefits do not limit this choice, even if consumers prefer wild-caught ($p < 0.05$) to farmed fish. After being informed about the nutritional properties of freshwater fish, respondents showed increased interest in including it in their diets, with a higher proportion among inland residents ($p < 0.05$). This scenario shows the importance of freshwater fish in these regions. Fish species such as *Anguilla anguilla* (21.6%), *Oncorhynchus mykiss* (18.8%), *Cyprinus carpio* (14.2%), *Petromyzon marinus* (11.3%), *Alosa alosa* (10.6%), *Micropterus salmoides* (9.6%), *Sander lucioperca* (9.3%) and *Liza ramada* (4.4%) are freshwater fish preferred by consumers in restaurants.

Keywords: survey; consumers; fish consumption habits

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