

## Rawism and Seafoods

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Rawism, which is also called the diet of our ancestors is a nutrition trend that the benefits and harms are frequently discussed. This trend is based on the logic of our ancestors to consume without cooking of the raw vegetables, fruits, raw meat products, nuts, oil seeds and dried food sprouts consumptions. Raw food consuming trend which has a great many followers in the world and it has based on the principle of consuming organic foods without cooking or processing foods. The rawism trend is often assimilates as a style that equates or comes from vegetarianism. The most popular raw food diet is a vegetarian raw food diet. In the vegetarian raw diet, only raw plant-based foods are accepted and it should not to processed and exposed to temperatures above 45°C degrees for consumption [1].

Raw diet is based on organic nutritions in terms of its benefits from abundant fiber, vitamin and mineral, antioxidant content without loss of nutrients from foods. It is known that active enzymes and probiotics/probiotics found in raw foods and it is important to help for digestion. Many additives in refined foods known as carcinogenic and there is a potential of health hazardous substances such as acrylamide which are produced by frying foods. Due to this health associated risks shows that why the idea of rawism is supported.

It is quite clear that raw food consumption will have harms as well as benefits for the body. Especially with the reduction of animal origin food consumption will cause deficiencies in important minerals such as protein, A, K, vitamin B12, calcium and iron problems in the body over time and food poisoning cases will be encountered more.

The people who fed with raw food diet, they especially consume raw vegetables, raw fruits, cookies, raw eggs, raw fish and meat, pasteurized or non-homogenized dairy products (raw milk and cheeses made from raw milk, kefir).

The rawism trend is divided into two groups that includes who do not consume any meat and who consume limited amounts of animal food. Vegetables and fruits are consumed completely raw, while raw animal foods are heated to not exceed 40°C degrees. The most consumed animal origin food is fresh fish (sashimi, sushi, maki, temaki, gravlax). Also seaweed, oysters, clams, mussels are raw consumed with spice additions in different ways. Seafood contains high levels of high quality proteins and other essential nutrients, so fishery products have an important place in a healthy diet.

According to the rawism trend, individuals are not consume much protein. Red meat consumption is nearly nonexistent. They are most commonly consuming fish and crustaceans as protein sources.

In addition to fresh fish and crustaceans, fish are getting frozen before using it in order to prevent parasite development in the production of products such as sushi.

In regards to raw consuming of fish, the most important thing is selecting the freshest fish. Fish must have a marine smell, not ammonia or heavy fish. The fish's eyes should be bright and bumpy. The surface of the whole fish should be stretched, shiny, its gills should be bright red and should not have a slimy secretion. When pressed against the surface of the fish should get back to its former state.

With the developing technology, there are time/temperature indicators on the labels of freshly packaged seafood. These indicators show whether the product is stored at the appropriate temperature. These indicators should be considered during purchasing and the product should be purchased after being sure of the safety of the product [2].

Especially in Hong Kong, raw oysters, sashimi made from raw seafood (especially fish and crustaceans), salmon and sushi are very popular.

At raw consumption of foods, in order to prevention of any possible poisoning cases, besides to freshness criteria such as purchasing, shipping, storage, preparation, cooling and holding, service and sales hygiene rules should be strictly implemented. These rules are listed for each processing step of food by CFS [3]. Purchase, transfer, storage, preparation phase, including exhibition and sales stages with tools, equipment and personnel hygiene rules are given to every detail in this list. To summarize briefly the rules to be followed at these stages:

- Raw fish must be fresh, healthy and has good quality. Quality should be determined by temperature control with a thermometer, especially at the delivery stage. The frozen product must not be thawed at the time of delivery. Especially parasites in frozen fish to be processed into products such as sushi must be inactivated by keeping them at 20°C for 24 hours.
- There must be an approved and valid official health certificate for imported raw oysters and raw fish to be used in sushi/sashimi production.
- Raw foods and ready-to-eat products should be transported in separate sections in a clean and hygienic environment to prevent cross contamination. Refrigerated products should be transported and stored at 0 - 4°C and frozen foods at -18°C and below by refrigerated vehicles.
- FIFO rules must be applied in storage.
- The rooms where raw foods will be prepared should be separate, and certain knives and cutting boards should be used in the processing of the products. Thawed products should be processed as soon as possible. Freezing and thawing should not be done again.
- Foods which are consumed in raw form, should be covered with healthy packages that will not harm human health and will not interact with food during the exposure.
- Live bivalves kept for raw consumption must be stored at temperatures between 2 - 10°C.
- All tools and equipment to be used in raw food preparation must be sterilised.
- The staff must be treated to raw food extremely hygienic in order to avoid cross-contamination.

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