In recent years has become a topic elaborated further the healthy development of the human body, increasing the importance of nutrition for the study and prevention of diseases. Seafood products being in valuable natural products in terms of food composition (protein, lipid, vitamin, mineral etc.), not only have presented a healthy life to human with feeding for centuries but also they have been used to treat some diseases seen in humans directly or indirectly. A great deal of seafood is a perfect vitamin and mineral source for nutrition of human. The protein in seafood is higher digestible form and its fat content is lower than foods with high protein. Besides, seafood is the only source of fatty acids with long chain polyunsaturated n-3 series evidenced benefit to health. Fish meat food production in the world, has been providing a contribution of 1%, total protein production 5%, also constitute 14% of the total animal protein source. Seafood products and fish will be used the more because of human nutrition on this problems facing to the world hunger largely and human health in a positive contribution. In addition, when compared with farm animals in terms of the nutritional value of fish meat is more advantageous in terms of protein and minerals high and low amount of fat than the meat.

There are two main essential fatty acid eicosapentaenoic asit (EPA) and docosahexaenoic asit (DHA) as linolenic series in terms of omega-3 fatty acids situated only all seafood products otherwise non situated other nutrients. Omega-3 fatty acids have been suggested to have beneficial effects in the prevention and/or treatment of major diseases affecting human health; such as coronary heart disease, cancer, diabetes and high blood pressure.

As it can be understood from studies to elucidate the effects on human health of fisheries and fish consumption, seafood and fish meat excellent food that contains both substances, as well as therapeutic in certain diseases of our time in that role.

**Keywords:** seafood, fish, nutrition, omega-3