

# The idiosyncratic genome of Korean long tailed chicken as valuable genetic methods

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## Description

The world's oceans are teeming with a wide variety of marine life, each with its unique characteristics and offerings. Among these mesmerizing creatures is the yellowtail, a prized fish known for its remarkable taste, versatility, and numerous health benefits. In this article, we will explore the captivating world of yellowtail and delve into its many advantages, from its nutritional value to its culinary versatility and environmental sustainability. Yellowtail is not only a delectable fish but also a nutritional powerhouse. Packed with essential nutrients, it offers a range of health benefits. It is an excellent source of lean protein, which is essential for muscle growth, repair, and overall bodily functions. Furthermore, yellowtail is rich in omega-3 fatty acids, particularly Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), which are known to support heart health, reduce inflammation, and promote brain function. The omega-3 fatty acids present in yellowtail play a vital role in maintaining cardiovascular health. Studies have shown that consuming omega-3 fatty acids can help reduce the risk of heart disease by lowering blood pressure, triglyceride levels, and preventing the formation of blood clots. Incorporating yellowtail into a balanced diet can contribute to a healthier heart and a decreased likelihood of developing cardiovascular conditions. The brain relies on a steady supply of essential nutrients to function optimally. Yellowtail, with its high omega-3 content, offers numerous cognitive benefits. The omega-3 fatty acids in yellowtail help support brain development in infants and children and may even improve cognitive function in adults. Studies suggest that regular consumption of omega-3s can enhance memory, focus, and overall brain health, reducing the risk of neurodegenerative diseases such as Alzheimer's and dementia. Chronic inflammation is a contributing factor to various health issues, including arthritis, heart disease, and certain types of cancer. Yellowtail's omega-3 fatty acids possess potent anti-inflammatory properties that can help reduce inflammation throughout the body. Incorporating

yellowtail into your diet may provide relief to those suffering from inflammatory conditions and promote overall well-being. Yellowtail is an excellent source of essential nutrients that promote eye health. It contains high levels of omega-3 fatty acids, vitamin A, and antioxidants, all of which play crucial roles in maintaining optimal vision. These nutrients can help protect against Age-Related Macular Degeneration (AMD), cataracts, and dry eye syndrome. Regular consumption of yellowtail can contribute to preserving eye health and reducing the risk of vision-related ailments. Aside from its numerous health benefits, yellowtail's versatility in the kitchen makes it a highly sought-after fish. Its firm texture and mild, slightly sweet flavour make it suitable for a wide range of culinary preparations. Whether grilled, baked, sautéed, or served raw as sashimi, yellowtail never fails to delight the taste buds. Its versatility allows for endless possibilities in creating appetizers, main courses, and even sushi delicacies. In today's world, sustainability is a crucial consideration when choosing seafood. Yellowtail is an environmentally responsible choice due to sustainable fishing practices. Many yellowtail fisheries adhere to strict regulations and employ techniques that minimize the impact on marine ecosystems and prevent overfishing.

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## Conflict of interest

The author declares there is no conflict of interest in publishing this article.

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