

OILY FISH FACTS

FISH PROVIDES THE BODY WITH PROTEIN AND A RICH VARIETY OF VITAMINS AND MINERALS. OILY FISH IN PARTICULAR CONTAINS OMEGA 3, AN ESSENTIAL FAT FOR A HEALTHY HEART AND HEALTHY BRAIN FUNCTION.



HOOK, LINE AND SINKER

Omega 3 is a type of fat that helps keep blood vessels healthy. It is important for pregnant and breastfeeding women as it helps develop healthy brain, eye and nervous tissues of the baby, however, it is important not to eat more than two portions a week.

Oily fish is the richest source of omega 3. Whether steamed, baked or grilled, oily fish also contains vitamin A which helps improve eyesight, and vitamin D that is important for strong bones. Eating fish with bones, such as canned sardines, is also important for healthy bones as they are high in calcium and phosphorus.

It is recommended that we eat two portions of fish a week, one of which should be oily. There is, however, limits to how much oily fish we should eat, because some fish can contain small amounts of pollutants which can build up in the body. Men should eat no more than four portions a week; women should eat not more than two portions a week.

THE SCHOOL OF OILY FISH:

- Salmon
- Mackerel
- Sardines
- Trout
- Herring
- Whitebait
- Pilchards
- Anchovies
- Fresh Tuna

Too much oily fish can build up harmful levels of pollution, so here's a guide of how much to eat per week:

MEN

1-4
servings
per week

WOMEN

1-2
servings
per week

