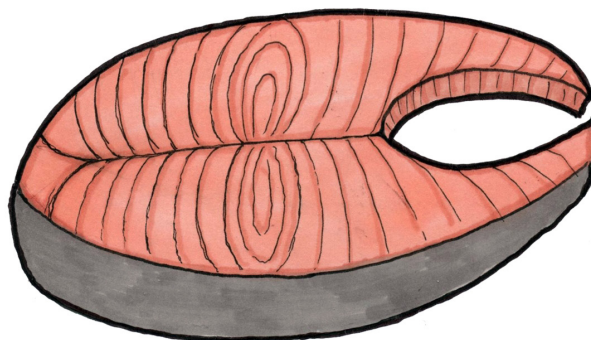


ALL ABOUT OILY FISH



WHAT'S SPECIAL ABOUT OILY FISH?

There are two main categories of fish: oily and white. Oily fish is higher in fat than white fish, but contains more polyunsaturated fat which is a 'good fat' and a great source of omega 3 fatty acids (see *Understanding good and bad fats*). White fish is low in fat, and high in protein. It also contains some omega 3 fatty acids, but not nearly as much as oily fish.



Omega 3 is vital to the body for growth and development of the brain and nervous system. It can also help to reduce levels of cholesterol in the blood. Cholesterol is known as a 'bad fat' and is often associated with increased risk of stroke and heart disease. It can affect the arteries, causing them to narrow or become blocked and potentially trigger a heart attack.

Recent scientific studies have suggested that oily fish are particularly beneficial to the health of our hearts. As well as being a great source of vitamin D, they are also the best source of omega fatty acids, in particular omega 3. Because our bodies cannot produce omega fatty acids, it's vital that we get them from other sources. That's why having a balanced diet rich in fish (to give us omega 3) and plant oil (to give us omega 6) is so important.

TYPES OF OILY FISH

Oily fish include sardines, salmon, trout, mackerel and fresh tuna.

To learn more about different types of fish, check out:

www.youngsseafood.co.uk/web/fish_species.asp

HOW MUCH OILY FISH SHOULD WE EAT EVERY WEEK?

The Food Standards Agency (FSA) recommends that we eat between two to four portions of fish every week. At least one of these should be oily fish. The FSA describes one portion as roughly 140g – this is about the size of a raw medium fish fillet. While tuna is classed as an oily fish when fresh, once it has been tinned it no longer counts because most of its oil is lost during the cooking and canning process.

All fish and shellfish contain some level of mercury, which occurs naturally and is also released into the air through pollution. And oily fish such as marlin, shark, swordfish and tuna, contain higher levels of mercury. If we eat lots and lots of these fish, this mercury can gradually build up in the body. Although these dioxins have no immediate effect on our health, we are unable to get rid of them. To avoid this happening, we should try not to eat too much oily fish. This is why the FSA recommends that pregnant and breastfeeding women eat no more than two portions of oily fish per week.ek.

WHERE ELSE CAN WE GET OMEGA 3 FATTY ACIDS?

The best source of omega 3 is oily fish. The best vegetarian source of omega 3 is flaxseed and flaxseed oil. Nuts, such as pecans and walnuts, and green veggies, like spinach, broccoli and cabbage, are also good natural sources.