



Fish and Seafood

Health Benefits of Fish and Seafood

- Fish and seafood are both excellent sources of protein and are low in saturated fat.
- Fish also contains heart-healthy monounsaturated fatty acids (MUFAs). MUFAs increase HDL cholesterol (the “good cholesterol”), which helps protect against coronary heart disease.
- Seafood, especially fatty fish such as salmon, tuna, and sardines, is an excellent source of the omega-3 fatty acids EPA and DHA. The health benefits associated with omega-3 fatty acids include reduced risk for heart attack and stroke.

Purchasing and Preparing Fish and Seafood

Fish and seafood don't have to be expensive

- Fresh fish can often be expensive and hard to get in some areas.
- Frozen and canned fish are good alternatives for those on a tight budget or who don't have access to fresh fish. Try canned tuna or salmon.
- If you opt for fresh fish, there is a variety to choose from and the price ranges vary. Watch for sales and, if affordable, choose fatty fish like salmon or tuna for a good source of omega-3 fatty acids.

Preparing fish and seafood

Deep frying is higher in fat and the high temperatures can destroy some of the beneficial nutrients in fish. Instead of deep frying fish, consider these alternative ways to prepare your fish or seafood:

- Pan frying in 1 T. olive oil or canola oil
- Baking
- Broiling
- Grilling
- Simmering in a liquid with vegetables and herbs

Did You Know...

- The Dietary Guidelines for Americans suggest people consume two 4 oz. servings of fish a week, for a total of 8 oz. per week.
- The weekly amount recommended for women who are pregnant or breast-feeding is 12 oz. per week.

(Due to the high content of mercury found in these fish, women who are pregnant should avoid the following four types of fish: King Mackerel, Tile Fish, Sword Fish, and Shark)
- The amount of fish in a small can of tuna is 4 oz., which means an ordinary tuna sandwich gets you halfway to your weekly goal.



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