Why You Should Be Eating More Fish

Fish is a healthy and delicious addition to any diet. It's packed with nutrients, including protein, omega-3 fatty acids, and vitamin D. Eating fish regularly can help reduce your risk of heart disease, stroke, Alzheimer's disease, and other chronic illnesses.

Incredible Fish Recipes: Why You Should Be Eating More Fish by Thomas Kelly

★★★★★ 5 out of 5

Language	: English
File size	: 12910 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 66 pages
Lending	: Enabled

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The Health Benefits of Fish

Fish is a good source of protein, which is essential for building and maintaining muscle. It's also a good source of omega-3 fatty acids, which are essential for brain health and development. Omega-3 fatty acids have also been shown to reduce the risk of heart disease, stroke, and Alzheimer's disease.

Fish is also a good source of vitamin D, which is important for bone health. Vitamin D also helps the body absorb calcium, which is essential for strong

bones and teeth.

How to Eat More Fish

There are many ways to incorporate more fish into your diet. Here are a few tips:

- Add fish to your salads, sandwiches, and wraps.

- Grill, bake, or broil fish for a healthy main course.

- Make fish tacos or fish burgers.

- Add fish to your pasta dishes or soups.

- Try canned fish, such as tuna or salmon, for a quick and easy meal.

Choosing Healthy Fish

When choosing fish, it's important to choose fish that are low in mercury. Mercury is a toxic metal that can accumulate in the body over time. Fish that are high in mercury include:

- Shark

- Swordfish

- King mackerel

- Tilefish

- Orange roughy

It's also important to choose fish that are sustainably caught. Sustainable fishing practices help to protect fish populations and the environment. Look for fish that are labeled with the Marine Stewardship Council (MSC)

ecolabel. The MSC ecolabel certifies that the fish was caught using sustainable practices.

Fish is a healthy and delicious addition to any diet. It's packed with nutrients, including protein, omega-3 fatty acids, and vitamin D. Eating fish regularly can help reduce your risk of heart disease, stroke, Alzheimer's disease, and other chronic illnesses. So next time you're looking for a healthy meal, consider adding fish to your plate.

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* Fish is a healthy and delicious addition to any diet. * Fish is packed with nutrients, including protein, omega-3 fatty acids, and vitamin D. * Eating fish regularly can help reduce your risk of heart disease, stroke, Alzheimer's disease, and other chronic illnesses. * Choose fish that are low in mercury and sustainably caught. * Look for fish that are labeled with the Marine Stewardship Council (MSC) ecolabel.

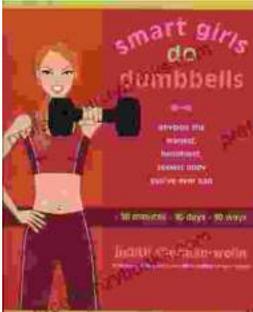### Incredible Fish Recipes: Why You Should Be Eating More Fish by Thomas Kelly

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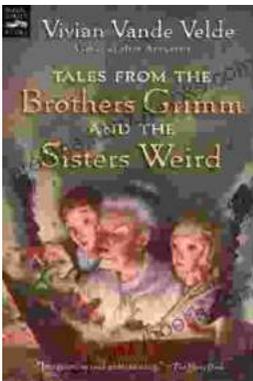
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