



FISHING FOR NUTRIENTS

It seems that you can not pick up a health article these days without it telling you about how all Americans should be eating at least 2 servings of fish each week. Some articles even go so far to recommend that people should really be eating at least 5 servings of fish each week. So what is all the hype about fish? Why is it suddenly the new "it" food?

Compared to beef and pork, fish provides a high quality source of protein without a lot of calories and saturated fat. Most fish when baked or broiled is low in fat, and the small amount of fat that it does provide is heart healthy. Fish is an excellent source of omega-3 fatty acids.

Omega-3 fatty acids are essential fatty acids. Our body can only get omega-3 fatty acids from the food we eat and could not function without them. In recent years, omega-3 fatty acids have been studied for their potential health benefits in fighting such diseases as cardiovascular disease and Alzheimer's.

A majority of scientific studies have studied the relationship between fish/omega-3 consumption and cardiovascular disease. Many studies have shown a decrease in mortality and morbidity from heart disease and stroke when fish was consumed compared to those who did not eat fish. The evidence relating an increase in cognitive function with fish/omega-3 consumption is still weak, but some limited studies show that people who eat more fish may have improved cognitive function. Though more long-term research is needed, it seems that you will be "doing your body good" by eating fish on a regular basis.

Omega-3 Content of Fish and Shellfish Amounts are in grams per 3 ounce portion*	
Finfish	
Catfish, channel, farmed, cooked, dry heat	0.2
Cod, Atlantic, cooked, dry heat	0.1
Flatfish (flounder and sole species), cooked, dry heat	0.4
Pollock, Atlantic, cooked, dry heat	0.5
Salmon, Atlantic, farmed, cooked, dry heat	1.8
Salmon, Chinook, cooked, dry heat	1.5
Salmon, pink, canned, solids with bone and liquid	1.4
Salmon, sockeye, canned, drained solids with bone	1.0
Salmon, sockeye, cooked, dry heat	1.0
Tuna, light, canned in water, drained solids	0.2
Tuna, white, canned in water, drained solids	0.7
Tuna, yellow fin, fresh, cooked, dry heat	0.2
Shellfish	
Crab, Alaska king, cooked, moist heat	0.4
Crab, Alaska king, imitation, made from surimi	0.5
Crab, blue, cooked, moist heat	0.4
Shrimp, mixed species, cooked, moist heat	0.3
*Cooked without added fat or sauces Source: USDA Nutrient Database for Standard Reference	

