

**these scales**  
can help



**these scales**  
tip in the right  
direction



**enjoy seafood**  
2 a week

Eating seafood is a healthy and nutritious way of cutting down on calories without having to sacrifice flavour.

**SEAFISH**  
the authority on seafood

## Fuel your lifestyle with seafood

Find out how seafood can help you with everything from weight management to improving your love-life...

To live your life to the full it is important to feed your body nutritious and healthy food. Seafood is proven to be one of the best sources of minerals and

vitamins, essential for a healthy lifestyle. The Food Standards Agency recommends that we eat two portions of seafood per week, one of which should be oil-rich fish. There's plenty to choose from with over 100 different types of seafood available around the coast of the UK and many more species imported.

## Why your body loves seafood...

The essential nutrients found in seafood are used in the body to help form the structure of body components such as brain cells, kidney, lungs, heart, skin and joints. These nutrients such as protein, B-vitamins, vitamin D and iodine can help reduce the risk of developing diseases such as osteoporosis, cardiovascular disease, arthritis, inflammatory bowel disease, and depression.



### Keeping your heart fit

The body requires a balance of Omega-3 and Omega-6 oils to reduce build up of fatty deposits (triglycerides) that block or weaken arteries in the heart. If your triglycerides are too high, there is evidence that this will lead to a heart attack or stroke.

Having a good level of long-chain Omega-3 from seafood helps to keep blood fat levels down and the heart and arteries in great shape. Omega-3 oils are found in oil-rich fish.

### Keeping you trim

Not only is seafood delicious to eat – it's also one of the lowest-fat forms of protein and minerals. Most common forms of whitefish such as cod or pollack contain around 2% of lipids (fats) or less, and recent scientific studies have revealed that a meal based on fish helps to control hunger better than any other forms of protein, which is perfect if you're trying to lose weight.

### Boost your concentration

The brain is a fat-based organ largely built from polyunsaturates and almost half of that is of Omega-3, a fatty acid known as docosahexaenoic acid (DHA). Eating sources of DHA such as seafood will help to boost your brain functionality – and can prevent problems such as dyslexia, ADHD (hyperactivity), and schizophrenia.



Sardines are a good source of calcium and will help to keep your bones strong.



### **Boost your brain power with mackerel and herring...**

Oil-rich fish such as mackerel or herring are full of long chain Omega-3 oils, also found in every cell of the human body. These oils are vital for human biological functions especially brain functionality.

### **Mussels and crab are tasty too...**

These species of shellfish have emerged as good sources of Omega-3 – good news for those who may not keen on the taste of stronger flavoured fish.

### **Cod, pollack and haddock for healthy weight...**

Protein-rich seafood (lean whitefish) is low in fat. The nutrients in these fish will boost your immune system and help to convert food into energy.



## Did you know?...

Countries with a diet high in seafood have very low incidence of heart disease. The Inuit of Greenland, the Japanese, Portuguese and Spanish are good examples.

In the developed world most of us consume 10 to 20 times as much Omega-6 as we do Omega-3. To get a better balance of these essential fatty oils we should eat more oil-rich fish. Sardines, mackerel and herring are great examples of oil-rich fish that are easy to prepare and sustainably sourced.

Oysters enjoy an aphrodisiac reputation thanks to their high zinc content, so much so that the legendary Casanova apparently ate 50 a day to ensure his powers kept up with his persuasive abilities.

According to the British Nutrition Foundation, it is important to maximise bone mass in order to reduce the risk of osteoporosis in later life. Bone mass is accrued up until the age of 30-35, when peak bone mass is achieved. From the age of about 35 years, bone mineral loss exceeds bone mineral formation.

## Healthy stuff in seafood...

As well as being the richest natural source of Omega-3, seafood packs in a wealth of essential nutrients such as:

### **Protein**

used in the body to build and maintain healthy muscles. Also a key part of your immune system, helping you to fight colds, flu and other infections.

### **Calcium**

it is important to eat plenty of calcium-rich foods to keep your bones strong. Oysters and sardines are good sources of calcium.

### **Selenium**

for a healthy metabolism

### **Iodine**

keeps your brain healthy

### **B-vitamins**

responsible for converting food to energy in cells

### **Vitamin D**

important for bone metabolism



**A meal based on fish  
helps to control hunger  
better than any other  
form of protein which  
is perfect if you are trying  
to lose weight**

## Why not...

- **Eat at least two portions of seafood every week** for a healthy lifestyle.
- **Vary the seafood you eat** to ensure that you get a wide range of nutrients.
- **Check that your seafood comes from sustainable sources** by asking your fishmonger.

## Try this recipe...

### Lemon & Herb Whitefish

**Serves 4**



#### Ingredients

- 4 whitefish fillets, about 1 1/2 lbs total (cod, halibut, haddock)
- 4 cloves garlic, minced
- 1 tsp dried rosemary
- 1/4 tsp white pepper or black pepper
- 1/4 tsp salt
- 1 tbsp olive oil
- 1 large lemon, thinly sliced, seeded, end pieces discarded

#### Method

1. Preheat oven to 450°F/ 220°C/gas mark 8 and place a heavy baking sheet in oven to preheat as well.
2. Cut four large rectangles of foil or parchment paper and place a fish fillet in the centre of each piece.
3. Combine remaining ingredients except lemon slices in a small bowl and stir well.
4. Spread mixture evenly over fish, scatter lemon slices on top, and fold the edges of the foil or paper up over each fillet.
5. Place packaged fish on preheated baking sheet and bake 13-15 minutes, until fish is just cooked through.

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