

FISH: The bait to a healthy future!



There's nothing fishy about good health!

- Research shows that eating 2-4 servings of fish each week can **LOWER RISK** of:
 - Death from heart disease
 - Stroke
 - Depression
 - Chronic eye disease
 - Dementia- Alzheimer's
 - Declined brain function
 - Swelling, pain, redness of joints from arthritis

How is it bene-"fish"-al?

- High in protein, iron, many other minerals
- Very high in omega- 3 fatty acids, which help to:
 - Lower blood pressure
 - Lower heart rate
 - Keep arteries healthy
 - Contribute to healthy brain tissue
- These factors decrease the risk of heart disease

Don't get caught in the trap of age-related diseases!

- Heart disease is one of the most common causes of death and you can reduce this risk by eating 2-4 servings of fish every week
- Depression is linked to low levels of omega-3 fatty acids in the brain
- Eat more fish and fight the risk!

Fish is brain food!

- Fish can help improve brain performance!
- Research shows that omega-3 fatty acids found in fish reduce the risk of dementia and cognitive decline

What's the catch?

- Choose fish that is low in mercury, such as:
 - Shrimp
 - Canned light tuna
 - Wild salmon
 - Farmed tilapia
 - Farmed catfish
- Large fish are prone to high mercury content such as: shark, swordfish, king mackerel, and tile fish
- Choose canned light tuna
- Limit albacore tuna to 6 ounces per week
- Research shows that the nutritional benefits

What type of fish do you recommend?

Best sources of Omega-3:

- Salmon (Wild)
- Trout (Rainbow)
- Mackerel
- Herring
- Sardines

How often should I eat fish?

- 2-4 servings of fish/week= “ace” your future!
- 3-4 ounces= one serving of fish
- One serving of fish= the size of a deck of cards



Put fish in your dish!

- Fish has fewer calories and less fat compared to most meats
- more fish= less risk of dementia
- more red meat= higher risk of dementia

Fish doesn't float your boat?

- Try flax or canola oils for omega-3 fatty acids
- Check with your doctor first before having

Bake, grill or steam your way to a healthy future!

- These are a few of the several healthy ways to cook