



Most of us should try to include more fish in our diets, so this month it's on the menu at Project Food. Our newsletter explores the different properties of fish that make it such a great choice for a healthy diet.

On the first page you'll find some quick fish facts and overleaf a more in-depth look at the vitamins and minerals found in fish and how they can each benefit our health. And to get you started on your fishy journey, our recipe this month is a delicious salmon with lentils and rocket!

With very best wishes,
Hannah and the Project Food team

Axminster Hospital

Chard Street

Axminster

EX13 5DU

01297 631782

info@project-food.org.uk

www.project-food.org.uk

Focus on...**The benefits of fish**

A balanced diet that includes plenty of fresh and nutritious food goes a long way to keeping us at our best.

Seafood offers a wealth of nutrients essential for our wellbeing, helping to preserve a healthy heart and mind, as well as aiding with many important bodily functions.

Fish is a low-fat high quality protein. Fish is filled with omega-3 fatty acids and vitamins such as D and B2 (riboflavin). Fish is rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, iodine, magnesium, and potassium. Fish is packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

Omega-3 fatty acids are found in every kind of fish, but are especially high in oily fish. Some good choices are salmon, trout, sardines, herring, mackerel (**in this month's recipe**) and shellfish like crab and oysters. Fresh tuna is classed as an oily fish, but by canning tuna it loses the omega-3 fatty acids which are so important. This means that tuna doesn't count as one of your 'oily fish' portions if tinned.

The benefits of eating at least two portions of fish a week, including one of oily fish, include keeping your blood pressure at a healthy level and improving blood lipids, both of which reduce your risk of cardiovascular disease: the biggest killer in the UK.

Remember that you can get your omega-3 from a range of oily fish. Tinned sardines and mackerel, for example, are an easy and cheap way to stock up the store cupboard, and eaten on toast with a salad, make a quick, nutritious meal.



Did you know...

Seafood is a good source of **protein**, which is essential for building and maintaining healthy muscles. A recent scientific study revealed that a meal based on fish helps to control hunger better than any other form of protein which is perfect if you're trying to lose weight.



Protein has an essential ingredient of collagen, which keeps skin firm - a seafood-rich diet could help to hold back the years by making skin more resistant to the effects of ageing.

The **B vitamins** in seafood help you to maintain healthy blood and nerves, as well as enabling your body to draw energy from the food you eat.

Iodine is a mineral needed to make thyroid hormones. These hormones help keep cells and the metabolic rate healthy.

Iron is an essential mineral that has several important roles in the body, the key role being that it helps make red blood cells which carry oxygen around the body.

Vitamin D helps the absorption of calcium from foods. Calcium has three important functions, helping build strong bones and teeth, regulating muscle contractions (including your heartbeat) and ensuring blood clots normally. There is some evidence that it helps to lower high blood pressure and protect against colon and breast cancer.

Many types of seafood are rich in **zinc**, which helps to fight colds, flu and other infections.

Selenium is found in a wide range of seafood and is a powerful antioxidant needed by your body to protect it against diseases such as cancer.

Oily fish, like the mackerel in this month's recipe, has the richest natural source of **Omega-3** which is vital for heart health. Ensuring a good Omega-3 intake from seafood helps to keep the heart and circulation in tip-top shape.

