Fishy News

Fish is a very important and beneficial component of our diets. There are many benefits to consuming fish such as it is low in fat, high in protein, vitamins and omega-3 fatty acids.

The benefits of consuming fish outweigh the risks of consuming mercury

Omega-3 fatty acids are the most beneficial component in fish. These fatty acids decrease inflammation in the circulatory system. They can decrease triglycerides while increasing HDL cholesterol. Omega-3 fatty acids also prevent blood clot formation. This can lead to a decreased risk of developing cardiovascular disease or having a fatal heart attack.

If you are at risk or have cardiovascular disease no species of fish should be avoided. Consuming fish can also decrease your risk of having a heart attack. However, the amounts consumed should be monitored in order to watch calories.

The benefits of consuming fish are staggering. Both men and women are at a 36% lower risk of death from cardiovascular disease or to have a heart attack.

During pregnancy and breastfeeding, mothers should avoid these four fish: shark, swordfish, king mackerel and tile fish. Tuna should only be consumed once per week. The benefits of fish are also transferred to the infant during breastfeeding. Fish plays an important role in infant's eye, brain and vital organ development and could prevent premature birth.

Fish plays an important role in baby development

It is recommended that all Americans should consume 3-6 ounces of fish per week. A variety of fish could be consumed such as: salmon, herring, sardines, trout, bass, snapper, shellfish, cod, catfish and mai mai.

It is important to keep in mind how this fish is prepared as well. Deep fried fish or adding extra butter should be avoided due to increased fat and calories.

If adding an increased amount of fish to your diet is not an option, you should discuss the benefits of an omega-3 supplement with your Dietitian or Physician.

Other foods also contain omega-3 fatty acids which are ground flaxseed, dry beans, canola oil and nuts just to name a few.

If you would like more information on fish, please ask your WIC Dietitian today or contact the Department of Natural Resources for more information.