

Fishing For Good Health



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Whether you gave up meat for Lent, or are simply trying to cut back on red meat consumption, unsatisfied burger cravings can gnaw at you. But fear not! Substituting a fish burger for that beef burger can satisfy your burger hunger without compromising your commitments. And as it turns out, there is mounting evidence that choosing fish over other protein is better for you and better for the environment.

Lean Mean Protein Machine

A 3 ounce serving of beef contains about 22 grams of protein. The same 3 ounce serving of fish contains 20 grams of the same high biological value, complete protein. However, unlike meat products, fish is not high in saturated fat. Some fish, like snapper, is also leaner overall than beef, and is

lower in overall calories and cholesterol. Fish packs nearly as much protein, but has a better fat and calorie profile, making it a great choice for those looking to stay slim and maintain their weight.

Omega-3s and Heart Health

In addition to being low in saturated fat, fish is a great natural source of omega-3 fatty acids and other polyunsaturated fats, the consumption of which actually decreases the risk for heart disease. Omega-3 fatty acids are essential fatty acids. They are called “essential” because the human body requires them to function. However, they cannot be synthesized in the body and must be obtained from food. Therefore, it is vital for everyone to eat foods that contain these omega-3 fatty acids in order to stay healthy. Research has shown that omega-3 fatty acids decrease triglycerides, lower blood pressure, and reduce the risk of arrhythmias (irregular heartbeats) and inflammation which may contribute to heart disease, diabetes, arthritis, Alzheimer’s disease and certain types of cancer. The American Dietetic Association suggests eating two 4 ounce servings of fish per week to help increase your intake of omega-3 fatty acid.

Boost Your Brain

The fats in fish are not only fabulous for your heart, but great for your mind as well. Traditionally, fish has been described as “brainfood”, a claim that was dismissed as being an “old wives tale” from many years ago. However, recent research has provided evidence to support the claim that fish does indeed benefit our brains, and that those same omega-3 fatty acids are crucial for healthy brain function. This is especially so for early brain development in early childhood. In addition, other brain related problems like Alzheimer’s disease, dementia and depression, as well as, dyslexia and ADHD in children may be prevented or even treated by adequate intakes of omega-3 fats.

Environmental Impact

Giving fish a shot is not only good idea for your health, but it can also be a good choice for the planet. Although the environmental impact of livestock production varies depending on the agricultural practices of a specific region, livestock production is one of the worse offenders due to the high demand. Though

overfishing is a real problem in the world, so long as the species of fish being caught is not in danger of being overfished (farm raised, or have healthy wild population numbers), fish can be a much better choice for the environment.



The Perfect Catch

In addition to protein and healthy fats, eating fish also

gives you a powerful dose of vitamin D, selenium and iodine. Fish is a nutritional powerhouse that supports thyroid health, boosts your immune system and plays a key role in

for Lent, or simply want a meal that’s super nutritious and ultra easy to prepare, then fish is your best bet. Fish generally needs minimal preparation, so it’s a great option for those who need to be efficient in their meal planning and execution. Our homegrown company, Rainforest Seafoods, makes adding more fish and seafood to your diet easy. Their pre-seasoned fish and seafood burgers helps to bring out all of the taste without having to worry about overdoing it. Summer is coming up so get the grills out! Fish burgers are perfect at any BBQ or get-together. For an interesting and healthy twist make your fish burger with whole wheat burger buns and top it with a slice of grilled pineapple. The pineapple will add a burst of sweetness and help keep the burger extra moist. Dive in! ♥

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keeping your heart healthy and your mind at ease. So whether it’s a simple supper or a wow-worthy dinner, the real healthy-eating star of your kitchen comes from the sea. Whether you are a pescatarian, giving up meat