# Fishing For Good Health



Sandy Lee Health Coach

hether you gave up meat for Lent, 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**

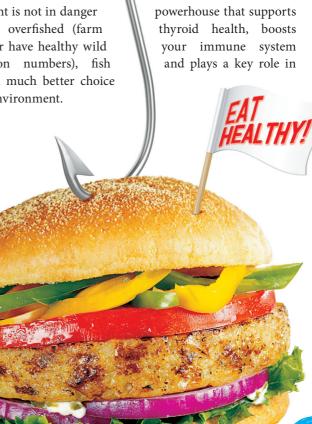
The fats in fish are not only

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.



gives you a powerful dose

of vitamin D, selenium and

iodine. Fish is a nutritional

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moist. Dive 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



## The Perfect Catch

In addition to protein and healthy fats, eating fish also k e e p i n g 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

ADVT.