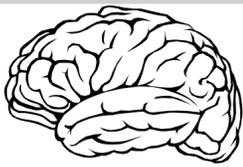


NUTRITIONAL BENEFITS OF FISH

Fish has long been recognised as one of nature's healthiest foods. Oil-rich fish is an excellent source of beneficial Omega 3 oils, which can help to prevent blood clots, keep your heart healthy, and may help to lower blood pressure. Fish can also help to develop a healthy nervous system, eyes and skin.

Research shows that fish is a rich source of many of the nutrients needed for young bodies as well as playing an important role in helping to prevent many of the diseases of later life.



Fish has often been described as "brain food" – a claim that was dismissed as an 'old wives tale'. But research into the links between fish and brain function suggest that this claim has some truth behind it.

Alzheimer's disease or dementia affects an estimated 20-40% of people aged over 80. One study suggests that eating fish 2-3 times a week may help reduce the risk of developing Alzheimer's or dementia as DHA is one of the major omega-3 fats found in fish, and fish is the major source of DHA in the diet.

Depression is among the leading causes of disability worldwide, affecting an estimated 121 million people. There is now increasing evidence that omega 3 fatty-acids found in oil rich fish may be helpful in the treatment of depression.

Dyslexia affects an estimated 4-10% of children, causing learning difficulties that can last a lifetime. There has been a great deal of research into the causes of dyslexia and other conditions affecting children such as **ADHD** and **dyspraxia** and it seems that omega-3 fats such as EPA & DHA may play a role in helping to prevent or treat these conditions.



Selenium: Selenium is a powerful antioxidant that helps to protect the body from toxins and may play a role in helping to prevent cancer.

Zinc: Zinc helps to boost the immune system and fight off coughs and colds.

Iodine: Iodine is essential for a healthy metabolism

Protein: Protein is needed by every part of the body – skin, hair, nails, heart, lungs as well as muscles and it is a vital nutrient for healthy development.

Omega 3 Fats: Omega-3 fats are particularly important for children as they play an essential role in the early development of the brain and nerves.

Vitamin A & D: Vitamin A is needed for healthy skin and eyes and vitamin D is important in helping the body to absorb the calcium needed for growing bones.