BE SMART EAT FISH

A LITTLE FISH GIVES YOU A GOOD LIFE
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Fish is a particularly valuable food for the elderly and people with ill health. Eating whole oily small fish, either fresh or dried, is especially important. These fish contain healthy oils (omega 3) that reduce the risk of heart disease, cancer, diabetes, joint and bone diseases. Eating fish may also decrease the risk of depression, Alzheimer’s disease and dementia.

Eating all of the fish gives you all of the goodness

Heart attacks and strokes are the two most common causes of premature death in the world. Fish is generally considered to be one of the best foods you can eat for a healthy heart and good blood circulation.

Eating at least one serving of fish per week has been linked to reduced risk of heart attacks and strokes, two of the world’s biggest killers.

People who eat fish regularly also have more grey matter in the parts of the brain that control memory and emotion. Not surprisingly fish consumption is linked to reduced decline in brain function in old age.

Several studies have found that omega-3 or fish oil consumption is linked to reduced risk of type 1 diabetes in children, as well as a form of autoimmune diabetes in adults.

Small anchovy-like fish are high in iodine and selenium; iodine is important for the thyroid gland, and selenium makes enzymes which can help to protect us from cancer.

Eating oil-rich fish regularly can help to keep the eyes bright and healthy. People who eat more fish have a much lower risk of developing macular degeneration, a leading cause of vision impairment and blindness.

Eating fish as a regular part of a balanced diet has been shown to ease the symptoms of rheumatoid arthritis, a common condition which causes the joints to swell up.

Eat fish for a long and healthy life!

This is an activity of the IOC-SmartFish programme, co-implemented by FAO