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### **Get the family eating more oil rich fish**

- To make seafood more appealing to kids try making their favourite meals including oil-rich fish. Dishes such as fish cakes, pizza, pasta or baked potatoes are sure to be instant hits. Mackerel, salmon and sardines all work well – and are heart friendly.
- Encourage the kids to help choose seafood from the fishmongers and let them help in the cooking process. They are much more likely to eat something they have helped prepare.
- Eat oil-rich fish for lunch instead of as a main meal. Buy some of the ‘ready to eat’ smoked mackerel fillets and serve with a jacket potato and baked beans and you’ve got the perfect midday pick-me-up.
- Enlist the help of an expert. Mitchell Tonks and Rick Stein both feature a number of oil-rich fish recipes in their books. At the weekend spend some time preparing an oil-rich fish dish and serve it instead of the usual Sunday roast.

### **Note to editor**

**Oil-rich fish such as mackerel, fresh tuna, herring, sardines, salmon and trout are high in essential long chain omega 3 fatty acids which help reduce the risk of heart disease. They are the best 'natural' source of omega 3 long chain polyunsaturated fatty acids.**

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