

February 2006

10 reasons to eat oil-rich fish

1. Oil-rich fish is the best and tastiest, natural source of long chain omega 3 fatty acids.
2. Long chain omega 3 fatty acids are essential for a healthy heart, healthy brain, and for eye and nervous system development. It cannot be made in the body so needs to come from our diet.
3. Long chain omega 3 fatty acids have a blood thinning effect which helps prevent circulatory problems which lead to heart attacks and strokes. It protects the coronary arteries from damage and disease, lowers blood pressure and maintains good blood circulation.
4. Oil-rich fish is also a good source of vitamins A and D, which helps us absorb the calcium we need for strong bones, and minerals like iodine and selenium, which are critical for health, but not readily available from the other things we eat.
5. Skin and hair need essential fatty acids like omega 3 because they feed the skin.
6. By eating a regular supply of oil-rich fish during the final months of pregnancy, the development of a child's brain can improve.
7. Long chain omega 3 fatty acids may improve children's behaviour and performance at school and help with dyspraxia, dyslexia and attention deficit hyperactivity disorder (ADHD).
8. Long chain omega 3 fatty acids can help reduce the risk of developing degenerative conditions such as Alzheimer's disease and Huntingdon's disease.
9. Diets rich in long chain omega 3 fatty acids are linked to low depression rates. Countries like Germany with low omega 3 consumption were 50 times more likely to suffer depression than Japan.
10. Long chain omega 3 fatty acids are vital for good muscle function and for preventing blood clotting.

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