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OIL-RICH FISH FACTOIDS

- The British Heart Foundation recommends eating one portion a week of oil-rich fish a week to reduce the risk of heart disease.
- Which fish are the best natural source of long chain omega 3 fatty acids?
Salmon, fresh tuna, mackerel, sardines, herring, trout, pilchards, kippers, anchovies, sprats and whitebait.
- The Brits eat less oil-rich fish than they think! Apparently only one person in three eats the recommended one portion (140g) a week.
- Tinned tuna does not contain much omega 3 – fresh tuna does!
- Evidence suggests people who have angina or have had a heart attack should aim to have two or three portions of oil-rich fish a week to help protect their heart (British Heart Foundation).
- Omega 3 is an essential component of the brain. Boosting levels of omega 3 in the brain has been shown to help alleviate depression.
- Inuits (Eskimos) and the Japanese eat more fish than people in the UK and other western societies and heart disease is much less common for them (British Dietetic Association).
- Deficiency in omega 3 in children can be linked directly with mood problems according to The Food and Behavioural Research body.

-Ends-

Issued by:

Alison Laing/Lynn Railston

3x1

T: 0141 221 0707

M : 07879 621 139/07793 486 671

E: alaing@3x1.com / lrailston@3x1.com