

Eating Fish the Healthy "Weigh"

Fish is a fabulous food - versatile, quick and packed with health benefits. Fresh, frozen, canned or dried - all types of fish can fit into a healthy eating style. Here are six super tips to help you go fishing for great taste, good health and food safety.

1. Eat FISH for great taste

The only problem with choosing fish is that there are so many options - over 20,000 fresh and saltwater species and maybe a million recipes. Need help? Talk to the butcher in your local supermarket, get a fish cookbook or go online to troll for recipe ideas.

2. Eat FISH to protect your heart

The American Heart Association has good reason to recommend two fish meals per week (with 3-4 ounces of fish per meal). The omega-3 fatty acids in fish (especially in darker-colored fish like salmon and trout) significantly reduce heart disease risk in women and men.

3. Eat FISH to prevent cancer

Omega-3 fatty acids have also been shown to inhibit the growth of cancer cells, including prostate and breast cancer cells. Despite lots of hype and advertising, there is no proof yet that fish oil supplements provide the same health benefits as whole fish.

4. Eat FISH to build strong bones

Fresh, frozen and canned fish can also help maintain strong skeletons. Fish is an excellent source of high-quality protein and a natural source of vitamin D. Canned sardines and salmon also provide calcium, because you eat the bones right along with the fish.

5. Eat FISH for better babies

Studies have shown that pregnant women who eat fish once a week can lower the risk of pre-term or low birth-weight babies. To avoid potential mercury contamination, the FDA suggests that pregnant women stay away from swordfish, shark, tilefish and king mackerel.

6. Eat FISH with safety in mind

For the safest seafood possible - choose it, store it and cook it carefully. Buy fresh fish that is bright and moist, with no fishy smell, bruises or colored spots. Keep it wrapped in the coldest part of your fridge (or on ice). Cook thoroughly until the flesh flakes easily.

