

The Benefits of Consuming Fish



Fish are a good source of protein, low in saturated fat, and high in omega-3 fatty acids, all which are important for maintaining a heart-healthy diet. The American Heart Association recommends two servings of fish per week to lower blood pressure, reduce the risk of heart disease and reduce strokes. Fish are high in vitamins and minerals which help aid the body in metabolizing amino acids, fatty acids and carbohydrates. Fish also supply Vitamin D to the body which can aid calcium absorption and prevent osteoporosis. Fish can be abundant in phosphorus and minerals, such as iron, zinc, iodine, magnesium and potassium. Potassium is an important mineral required for muscles, nerves, and fluid balance in the body.

It is important to know what fish to catch, how to cook fish, and how much to eat. The DEQ strongly encourages people to catch and eat fish but also be aware of the risks that can occur. Awareness of these risks is especially important for pregnant women, women of child bearing age and children 15 and under.