

## 7 Reasons Why You Should Eat More Fish

Fish is a high-protein, low-fat food that provides a range of health benefits.

**1**

### High in Important Nutrients

Fatty fish like salmon, trout and tuna are high in vitamin D and omega-3 fatty acids (crucial for the functioning of the body and brain).

**2**

### Lower Risk of Heart Attack and Stroke

Eating fish regularly may lower risk of heart attacks, strokes and heart disease. Fatty fish is good for heart health because of its omega-3 fatty acid content.

**3**

### May Make You Happier!

People who eat fish regularly are less likely to become depressed due to effects of omega-3 fatty acids. These fatty acids also increase the effectiveness of antidepressant medications.

**4**

### Dietary Source of Vitamin D

Fish and fish products are the best dietary sources of vitamin D and fatty fish has the highest amounts. One serving of cooked salmon contains almost 100% of the recommended vitamin D intake.

**5**

### Good Brain Health

Seafood is rich in EPA and DHA, fatty acids that protect brain health and support healthy brain development. Seafood consumption is linked to reduced decline in brain function and more grey matter (brain tissue that helps process information and store memories).

**6**

### Vision Protection in Later Years

Macular degeneration is the leading cause of vision impairment and blindness in older individuals. Some studies have shown that eating fish once per week was linked to significantly lowering the risk of macular degeneration.

**7**

### Fish is Delicious!

Even though this is not a health benefit, it is an important fact. Fish is delicious, easy to chew and easy to digest.