

Get the Health Benefits of Fish



While Eskimos probably eat more fat than any other group of people, very few Eskimos get heart disease. The answer to this medical puzzle seems to lie in their fish-rich diet. Cold-water fish like salmon and mackerel contain abundant amounts of omega-3 fatty acids, special substances that seem to benefit the body by:

- Reducing blood levels of harmful cholesterol and other blood fats known as triglycerides.
- Preventing blood clots from forming in arteries.
- Slowing the growth of breast tumors (according to animal studies).
- Relieving the pain of migraine headaches (a vascular problem).
- Easing the swelling of rheumatoid arthritis.

To get more omega-3 fatty acids into your diet, try to eat fish rich in omega-3's (at least two 3-ounce servings a week).

Some good sources include:

- Anchovies.
- Atlantic mackerel.
- Chinook or pink salmon.
- Herring.
- Lake trout.
- Norway sardines.
- Tuna.

{Note: These fish may contain mercury. Follow your doctor's advice for what kind of fish to eat and how much, especially if you are pregnant. Discuss whether or not you should take fish oil supplements, too.}