

# Fish for the Heart



## Cardiovascular disease is one of the leading causes of death in Ireland. Did you know fish helps to prevent it?

### How can fish help prevent heart disease and stroke?

Oil-rich fish is an excellent source of omega-3 fats. Your body cannot make these fats, so you must eat foods with omega-3 fats regularly for good health. As few other foods contain omega-3 fats, fish is one of the best sources.

Omega-3 fat found in oily fish can help your heart to keep a healthy rhythm and prevent clots. It also helps to lower a type of fat in your blood called triglycerides which increase the risk of heart disease and stroke. Salmon, herring, trout, fresh tuna, mackerel and sardines are all examples of oil-rich fish.

### How much should people be eating?

We should all aim to eat at least two portions of fish per week, including one portion of oily fish. However, despite all the health benefits fish has to offer when it comes to heart health, most people don't meet these recommendations.

Discovering the fantastic flavour, taste and texture of fresh fish is a revelation to so many people. Fish is also one of the most versatile foods. So how can you get more of it on your menu?

## Top tips to get more fish on the menu:

### Sustainable choices

Avoid the most over-fished species e.g. Atlantic cod, tropical prawns, plaice, haddock and mix up your choices. Choose fish that have been sourced responsibly.

### Sandwich filling

Tinned fish such as salmon, mackerel and sardines can be tasty sandwich fillings. Opt for those tinned in spring water, oil or tomato sauce rather than brine, which is salty. Some brands offer "no drain" tinned fish.

### Meat substitute

Try swapping meat for fish in dishes occasionally, e.g. pasta with salmon or cajun salmon wraps.

### Salads

Fish is a good addition to a salad. Think grilled salmon, cooked prawns or tinned tuna salads.

### Tinned fish

Tinned fish is extremely versatile and economical. You can easily add it to pasta and salads as well as sandwiches. Use tinned salmon in pasta dishes with tomato sauce; tinned tuna mixed with sweetcorn in a sandwich; add tinned mackerel and salmon to salads or mix them with mashed potato for fishcakes or try tuna pots and crackers as a snack option.

### Fish for breakfast

Try smoked salmon, kippers or mackerel as a breakfast option.