

## **Health info**

Seafood is a tasty, delicious and satisfying meal for all the family to enjoy. It is low in calories, high in protein and rich in vitamins, minerals and natural oils.

## **Food for health and wellbeing**

Seafood is good for every part of the body - from head to toe. Experts at the British Nutrition Foundation say we should be eating at least two portions of fish every week, at least one of which should be oil-rich.

All seafood is packed with protein, essential for the growth and maintenance of muscles and body tissues. The B group of vitamins, responsible for converting food to energy in cells and also helping to build healthy nerve tissue, is also available to the body by eating a regular supply of seafood.

The consumption of oil-rich fish provides an important source of vitamins A and D. Vitamin A maintains healthy eyes, skin and hair while vitamin D is required to help in the formation of strong bones and teeth. In addition, oil-rich fish such as mackerel and herring contains Omega-3 fatty acids, a type of polyunsaturated fat that has a lowering effect on blood cholesterol levels. Omega-3 protects the heart and circulation and may reduce the risk of heart disease. Other health benefits derived from oil-rich fish include the relief from symptoms of joint inflammation such as arthritis.

Amongst the minerals present in seafood are iron, zinc, iodine and selenium. A low intake of iron can lead to fatigue, while a shortage of iron and zinc can also lead to a lowering of the immune defences. Insufficient iodine in the diet can lead to impaired growth and development and the mineral selenium is linked to immune and anti-cancer defence.

Shellfish such as oysters, which contain noticeable levels of the mineral zinc, has also been reputed to act as an aphrodisiac - so eating seafood may also be excellent for your love life too!