Eat more fish, including a portion of oily fish

Eating more fish, including a portion of oily fish, is a beneficial dietary choice for various reasons:

1. **Rich in Omega-3 Fatty Acids**: Oily fish, such as salmon, mackerel, trout, sardines, and herring, are excellent sources of omega-3 fatty acids. These essential fats are known for their numerous health benefits, including reducing the risk of heart disease, improving brain health, and reducing inflammation.

2. **Heart Health**: Omega-3 fatty acids found in oily fish can help lower triglycerides, reduce blood pressure, and decrease the risk of arrhythmias (abnormal heart rhythms). Regular consumption of fish can contribute to a healthier cardiovascular system.

3. **Brain Health**: Omega-3s, particularly DHA (docosahexaenoic acid), are important for brain development and cognitive function. Including fish in your diet may support better memory and cognitive abilities, and it is especially beneficial for children and older adults.

4. **Anti-Inflammatory Properties**: Omega-3 fatty acids have natural anti-inflammatory properties. A diet rich in these fats may help reduce chronic inflammation, which is associated with various diseases, including arthritis and some types of cancer.

5. **Nutrient Density**: Fish is a nutrient-dense food, meaning it provides essential nutrients like high-quality protein, vitamins (such as vitamin D), and minerals (such as selenium and iodine) with relatively few calories.

6. **Weight Management**: Including fish in your diet as a source of lean protein can help with weight management. Protein-rich foods like fish can increase feelings of fullness and may reduce overall calorie intake.

7. **Bone Health**: Some types of fish, such as canned salmon and sardines, are also a good source of calcium because they contain edible bones. This can contribute to better bone health.

When incorporating fish into your diet, consider the following tips:

- Aim to consume fish at least two times a week, with one or both servings being oily fish.

- Choose grilled, baked, or steamed preparations over frying to minimize added fats.

- Be mindful of the source and sustainability of the fish. Look for seafood that is sustainably harvested to protect the environment and ensure a consistent supply of fish for future generations.

- If you have concerns about mercury levels in fish, especially for pregnant women and young children, opt for lower-mercury fish like shrimp, canned light tuna, and salmon.

Incorporating fish, especially oily fish, into your diet is a delicious and nutritious way to support your overall health and well-being.