**Mackerel Fish**

The Indian mackerel also called as Ayalai in Kanyakumari district is one of the tasty fish. It is commonly found in the Indian ocean, Arabic sea, Bay of Bengal, West Pacific oceans and their surrounding seas. This is a fairly meaty fish with belly bones.

**Benefits**

Mackerel is one of the highly recommended oily fish for a healthy food. Ayala meat is rich in **Protein**, **Omega-3** and **Omega-6** fatty acids. Mackerel fish is very effective in regulating hormonal levels and also improves the elasticity of blood vessels and capillaries. It is beneficial in lowering bad cholesterol levels. It helps in lowering cancer-causing agents and thus prevents the risk of many cancers. It helps in treating migraine headaches, arthritis conditions. Mackerel fish even lowers high blood pressure levels. It even enhances memory by improving the activity of the brain.

**Vitamins and minerals**

It is rich in essential oils, vitamins and minerals. It contains **Vitamins A, B6, B12, C, D, E and K**. Trace minerals include **Zinc** and **Copper**. Antioxidant **Coenzyme Q10** is also found in Aayai meat.

**Recipe**

Many tasty preparations such as **Ayilai curry**, **Ayilai Coconut Stew**, **Ayila Fry** etc. can be made out of it.