Title:
Great Health Benefits Of Seafood

Word Count:
507

Summary:
Seafood contains essential oils that are an important part of your diet. Oils provide the source of energy we need and they are also great flavor enhancers. More importantly, they are a source of significant fatty acids.

Seafood oils are unique and have great nutritional benefits to our body. This oil contains the omega-3 polyunsaturated fatty acids, specifically the eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Our body only produces small amounts of thes...

Keywords:
seafood,seafood market,seafood restaurant,fresh seafood,seafood recipe,seafood retail,seafood online

Article Body:
Seafood contains essential oils that are an important part of your diet. Oils provide the source of energy we need and they are also great flavor enhancers. More importantly, they are a source of significant fatty acids.

Seafood oils are unique and have great nutritional benefits to our body. This oil contains the omega-3 polyunsaturated fatty acids, specifically the eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Our body only produces small amounts of these important fatty acids; therefore we need to rely on other sources for this essential nourishment. Seafood is one of the best sources of these nutrients. In fact, oils are the second biggest components in most seafood.

Eating seafood just once or twice a week can provide good health benefits. Eating fresh seafood is a great way to obtain your required dose of these essential oils. Oils extracted from seafood are also available as nutritional supplements.

Oils derived from seafood help prevent some of the most deadly diseases today,

including Alzheimer's disease, asthma, arteriosclerosis, bipolar disorder, bronchitis, cancer, heart diseases and more.

The omega-3 oils decrease the risk of heart diseases, high blood pressure and rheumatoid arthritis. They are also beneficial to infants' brain and eye development.

The oils in seafood can also prevent osteoporosis. This is because the oils improve calcium absorption in our bones and can prevent the bones from becoming brittle.

According to recent findings, Omega-3 also helps improve people's immune functions, thereby reducing infections.

Seafood oils are known to have properties that lower blood pressure, benefiting especially those suffering from hypertension.

Another kind of oil found in seafood is the omega-6 fatty acid. This is important for growth and plays an important role in people's health and well-being.

Eating a seafood diet can also help you reduce weight. For years, seafood has been part of many weight loss programs. This is because, unlike diet pills, seafood is natural and has beneficial properties to people.

However, fish can rot quickly. Therefore, you should cook it the day you buy it. Here are some tips for preparing seafood:

* If you do not plan to cook the fresh seafood the day you buy it, you should store it for no longer than two days at very cold temperatures.

* If you are going to thaw the fish, keep it in the refrigerator or thaw it under cold water. Do not leave it to thaw on your kitchen counter. This is because the nutritional value of the seafood may diminish.

* You can prepare many delicious seafood dishes from great seafood recipes. You can fry or grill seafood. You can combine it with fruits and vegetables to make it even more delicious. You can marinate it and further enhance its flavor and get rid of its unique smell.

* Some people do not want to eat seafood for fear of choking on the tiny bones. In this case you can request the fish store to help you remove these fish bones.

Remember that seafood is not only delicious; it can also provide wonderful

benefits to your health.