



Why salmon is (really) good for you!

Not only is Atlantic salmon delicious, it's really, really good for you! Packed full of Omega-3 (O3) fatty acids, salmon (and its close cousin, the sea trout) are both in the special category of 'oily' fish - alongside a few other species commonly available in the UK like mackerel and herring.

The UK Government and NHS believe that everyone should eat about 3g of Omega-3 every week. Because oily fish are such a good source of this fantastic nutrient, the recommendation is thus to eat at least two portions of seafood every week, one of which should be [an oily fish like salmon](#). A portion is about 140g of fish.

It is also agreed that it's best to get your intake of O3 by eating fresh or frozen seafood, rather than taking supplements. This is because of the wider benefits associated with eating fish and shellfish. It is now generally accepted that Omega-3 fish oils can play an invaluable role in human health and should be consumed at least once a week by everyone.

The Omega-3 we are talking about here is **EPA/DHA** (long-chain Omega-3 fatty acids). These are essential fatty acids your body cannot make on its own - they must be acquired in the diet through the foods we eat. There's widespread agreement from scientists about their health benefits, which include a reduced risk of heart disease and stroke and also that Omega-3s help to keep bones and joints healthy and strong.

Furthermore, a growing body of research suggests evidence for many other O3 benefits, particularly in relation to brain health. These include a positive contribution to the brain development of children; that they may improve memory function and possibly helping to delay the onset of dementia. It has also been suggested that Omega-3 fatty acids may help relieve the symptoms of Parkinson's and Crohn's disease; ease rheumatoid arthritis and depression and help to keep your skin healthy. Read more [here](#).

Plus of course, because salmon is a high-protein food, it's great to eat if you're preparing your body for a workout. Proteins keep your metabolism balanced, keeping you fuller for longer and helping you to get in shape. And what's more, salmon is also full of a variety of vitamins and minerals, including vitamins D and B-12.

At JCS Fish we work hard to make sure all the good nutrients in salmon stay there – all the way through from freezer to plate. Our ingenious flash freeze and vacuum pack processes help keep portioned salmon fresh for longer and ensure it's just as healthy and delicious straight from the freezer as it was the day it came out of the water.

So, do the best for your health and that of your family and make sure there's some salmon in your regular diet. And don't forget we've loads of lovely [recipes](#) to inspire you to find more ways to eat it (at least once a week!).

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