



## Oily Fish



We are all aware that eating fish regularly, especially oily fish which is rich in Omega-3 fatty acids, can help to keep us healthy.

Fish has many nutritional benefits: it is a good source of protein, vitamins and minerals and is low in saturated fat.

Research studies into populations where fish forms a regular part of the diet, for example the Inuit (Eskimos) and the Japanese, have shown that heart disease is much less common for them than in the UK and other Western societies.

### **Some Of The Benefits Of Eating Oily Fish Include:-**

- It lowers the risk of heart and blood vessel disease by reducing the "stickiness" of the blood, making it less likely to clot. It also protects the arteries, which carry blood to the heart, from damage.
- It helps maintain healthy joints; this is of particular importance to those with inflammatory conditions.



- It's brain food - this is essential for babies as omega-3 fatty acids are needed for the development for the brain and eye

**It is because of these health benefits that oily fish now forms part of the food standards in the new school meals legislation.**

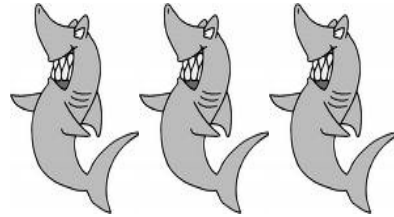


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### **So What Are The Best Sources?**

**Answer:** Mackerel, pilchards, herring, trout, salmon, sardines, fresh tuna, dogfish, crab and shrimp. Some more exotic choices would be anchovies, swordfish, bloaters, conger eels, kingfish and shark...



### **How Much Do I Need To Eat?**

The current advice for adults and children over twelve years old is 2 portions of fish per week, one of which should be oily. Younger children 4-6 years old need  $\frac{1}{2}$  a portion per week and 7-11 years old need  $\frac{2}{3}$  of a portion per week.

The school meals guidelines state in the food based standards that oily fish should be included in the lunch menu once every three weeks.

N.B.

When choosing fish look for the Marine Stewardship Council (MSC) logo. Fish that carry this logo will come from sustainable sources.



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## **Smoked Mackerel Pâté**

**Serves approx 6 - 8**

### **Ingredients**

500grams of smoked mackerel  
250ml of natural yoghurt  
A large squeeze of lemon juice  
Splash of Worcester sauce  
Some freshly ground black pepper  
A handful of fresh flat leaf parsley

### **Method**

- 1). Mash the smoked mackerel fillets using a fork until in a rough paste
- 2). Add in the natural yoghurt, a spoon at a time, until thoroughly blended.
- 3). Mix in the black pepper, lemon juice and a splash of Worcester sauce
- 3). Finally, chop and add the fresh parsley.

This pâté can be used in salads, sandwiches and as a jacket potato filling.

