

## Some Of The Best Reasons You Should Be Following A Seafood Diet

Eating seafood is part of a healthy diet. Since we are living in a health and weight conscious society find foods that are high in beneficial proteins and low on saturated fats are quite important. The health benefits of seafood can be the lowering of cholesterol, lowering the risk of heart disease, lowering the risk of stroke, and building muscle. It is easily apparent to see the effects of a high seafood diet when visiting a coastal community. In general these people live longer healthier lives. Fish and seafood with higher protein can prevent weight gain naturally, and it is easier to digest. It is a natural and easily obtainable food source in some areas making it a good alternative for red meat or poultry. Omega 3 The essential oil in seafood is Omega 3; this can be found in fatty fish like tuna, salmon, and sardines. These have high levels of two kinds of Omega 3 fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). It is recommended by physicians to have at least two portions in a week. They keep the heart healthy and help to prevent future cardiovascular disease and lower blood pressure. There is also evidence that fish can help prevent and possibly alleviate some mood disorders, making it not only heart healthy but brain food too. White fleshed fish, in particular, is lower in fat than any other source of animal protein, and oilier fish contain substantial quantities of omega 3s or the "good" fats in a diet plan. Fish does not contain the "bad" fats, omega 6 fatty acids, which are commonly found in red meat. The high content of poly unsaturated fatty acids in seafood lowers serum cholesterol levels. Omega 3 fatty acids change the critical balance of certain blood components called lipoproteins, reducing low density lipoproteins and very low density lipoproteins that deposit cholesterol along the artery walls. Fish is low in saturated fat and provides the body with essential vitamins and minerals, such as, vitamins A, B, and D; zinc, iron, and selenium. Dietary Advantages Seafood can go a long way toward helping consumers achieve dietary goals. Most shellfish are low in fat, with a total composition of less than 5% fat; many varieties have less than 1% fat. Thus, with such a small amount of total fat, most seafood provides only 190 calories for a 3 ounce serving, cooked. But for a healthier choice, go for the poached, baked, or grilled fish, rather than fried. Fried fish is much higher in fat, especially if it is cooked in a batter. This does not mean you can't enjoy the occasional fish and chips; it is just healthier not to counteract the good oils with the bad.

### About the Author

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