**One Fish, Two Fish, Good for you Fish**

[](http://www.google.com/imgres?q=mackerel&um=1&hl=en&sa=N&biw=1024&bih=587&tbm=isch&tbnid=V_clVKl4asmwEM:&imgrefurl=http://online.wsj.com/article/SB122290720439096481.html&docid=1Sygh7IU560hEM&imgurl=http://si.wsj.net/public/resources/images/OB-CL200_mackec_D_20081002030517.jpg&w=262&h=174&ei=F1AMT-LBHKnk0QHBuI2XBg&zoom=1)

Significant nutritional benefits come from eating **one to two** servings of fish per week. It’s low in fat & cholesterol and provides a:

* High-quality protein source
* Variety of vitamins & minerals
* High concentration of healthy fats (Omega-3 fatty acids)

**Omega-3 Fatty Acids**

Essential fats, important for heart and brain function, that our body needs, but cannot make. Helps in prevention and reduction of:

* Heart disease
* High cholesterol
* High blood pressure
* Alzheimer’s disease
* Joint stiffness (rheumatoid arthritis)

***♥♥Aim for TWO servings of oily fish per week for heart protection♥♥***

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**Not All Fish Are Created Equal**

Higher concentrations of omega-3 (healthy fats) have more beneficial **POWER.**

**Exercise your Brain!**

Unscramble the words to find out the amount of omega-3 fatty acids in different types of fish.

**Type of Fish Omega-3**

|  |  |
| --- | --- |
| S\_ \_ \_ \_ \_ ANLOM | 1921mg |
| H \_ \_ \_ \_ \_ \_ RIGENR | 1885 mg |
| S\_ \_ \_ \_ \_ \_ \_ NEDSARI | 1507 mg |
| T \_ \_ \_ \_ UOTR | 1165 mg |
| B\_ \_ \_ SAS | 861 mg |
| T\_ \_ \_ (white) UAN | 808 mg |
| W\_ \_ \_ \_ \_ \_ LEEAYL | 395 mg |
| P\_ \_ \_ \_ ECHR | 319 mg |
| T\_ \_ \_ \_ \_ \_ PILAIA | 204 mg |
| S\_ \_ \_ \_ \_ \_ SUHIFN | 165 mg |
| P\_ \_ \_ KEI | 155 mg |

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