

JUNE

# OILY FISH

Oily fish including salmon, mackerel, anchovies, pilchards, sardines and fresh tuna are rich in omega-3 essential fatty acids (EFAs)

Omega-3 has many benefits in the diet, ranging from preventing coronary heart disease to benefiting brain function and maintaining healthy joints.

Omega 3 fatty acids are important for the development of the central nervous system in babies, before and after they are born

Oily fish contains fewer calories than red meat and is also a great source of protein

Everyone should eat at least two portions of fish a week, including one portion of oily fish. portion is 140g