

Why not...

- **Enrich your diet with two portions of seafood a week** for a healthy heart, mind and body.
- **Vary the seafood you eat** to ensure that you get a wide range of nutrients.
- **Check that your seafood comes from sustainable sources** by asking your fishmonger.

Try this recipe...

Home-cured herring

Serves 4-6



Ingredients

- 8 herring, scaled and filleted
- 200g sea salt
- 450ml white wine vinegar
- 300ml water
- 250g caster sugar
- 14 allspice berries, crushed
- 14 black peppercorns, crushed
- 3 bay leaves
- 2 carrots, sliced
- 3 red onions, sliced
- 2 tbsp fresh horseradish, grated

Method

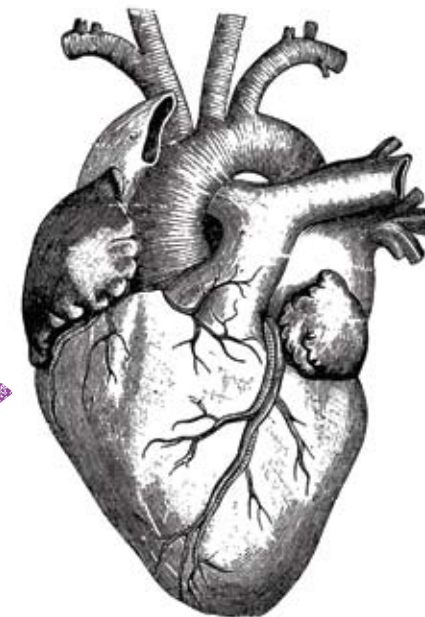
1. Place the herring in a rectangular casserole dish. Combine the salt and sugar and cover the fish with mixture. Leave to cure in the fridge for 24 hours.
2. Preheat the oven to 220°C/425°F/gas mark 7.
3. Prepare the marinade by placing all the ingredients in a pan. Brush the salt off the herring, discarding the salt and sugar, and add the fish to the pan. Bring to the boil then return the herring to the casserole dish.
4. Cook in the oven for 20 minutes, then leave to cool. Transfer the herring and marinade to a sterilised preserving jar.



Find out how
this mussel

can help keep

this muscle
healthy



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2 a week

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Eating seafood could reduce the
risk of heart attack by up to half.

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Why your heart seafood

Eating seafood twice a week could reduce the risk of heart attack by up to half.

Seafood is delicious to eat and rich in proteins, vitamins and minerals. The Omega-3 in oil-rich fish is vital for heart health. Ensuring a good Omega-3 intake from seafood helps to keep the heart and circulation in tip-top shape. Your body cannot make these special fats so it is

essential that a good balance of Omega-3 and Omega-6 is achieved in your diet.

The Food Standards Agency recommends that you eat two portions of seafood every week, one of which should be oil-rich fish. Try to increase your intake of Omega-3 if you have known heart conditions or an excess of fatty triglycerides in the blood.

Seafood: what's not to love?

As well as being the richest natural source of Omega-3, seafood packs in a wealth of essential nutrients such as:

Selenium

for a healthy metabolism

Iron

good for the blood and prevents fatigue

Zinc

will boost your immune system

Iodine

keeps your brain healthy

B-vitamins

responsible for converting food to energy in cells

Vitamin A

promotes growth and health of cells

Vitamin D

important for bone metabolism

**Eating seafood
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**Fish oils can help
reduce blood pressure
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beating steadily**



Mussels and crab have emerged as key sources of Omega-3 – good news for those of you who are not keen on the taste of stronger flavoured fish.



Cod, pollack and coley

Protein-rich seafood (lean whitefish) is low in fat and full of nutrients that will boost your immunity and help to convert food into energy.

Sardines, mackerel, herring

Oil-rich fish such as mackerel or herring are full of long chain Omega-3 oils, also found in every cell of the human body. These oils are vital for human biological functions and will help to regulate heart rhythm.

Did you know?

Fish oils can help reduce blood pressure and keep the heart beating steadily.

Countries with a diet high in seafood have a very low incidence of heart disease. The Inuit of Greenland, the Japanese, Portugese and Spanish are good examples.

In the developed world most of us consume 10 to 20 times as much Omega-6 as we do Omega-3. To get a better balance of these essential fatty oils we should eat more oil-rich fish. Salmon, mackerel and herring are great examples of oil-rich fish that are easy to prepare and sustainably sourced.