

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...

Honey Mustard Scallops

Serves 4

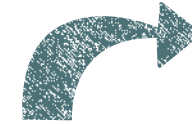
Ingredients

- fresh medium sea scallops
- 2 tbsp honey
- 2 tbsp prepared mustard
- 1 tsp curry powder
- 1 tsp lemon juice
- 1/2 tsp salt
- 1/8 tsp coarsely ground black pepper
- 1 lemon; thinly sliced, if desired
- salt and pepper

Method

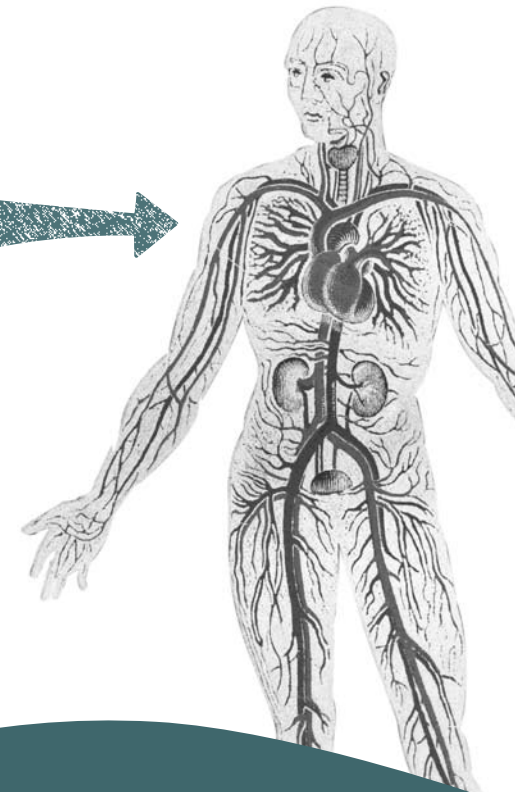
1. Line a baking pan with foil; spray with oil.
2. Pat scallops dry with paper towels; arrange, in a single layer in pan.

3. Combine honey, mustard, curry powder and lemon juice; stir until smooth.
4. Sprinkle scallops with salt and pepper; brush with half of honey mustard mixture.
5. Grill 4-6 inches from heat for 6 minutes.
6. Turn scallops and brush with remaining honey-mustard mixture.
7. Grill an additional 2-5 minutes or until scallops just become opaque. Do not overcook.
8. Garnish with lemon slices; serve with hot cooked rice, if desired.



the contents of this shell
can help

the contents
of this shell
stay healthy



enjoy seafood
2 a week

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www.seafish.org/2aweek



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Find out more about cholesterol
and why eating shellfish as part of a
healthy, balanced diet is good for you.

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Shellfish and Cholesterol : The Truth

Shellfish offer significant health benefits. They are high in nutrients such as Omega-3 oils, Zinc and Vitamin D – and they're very low in fat. Some species of shellfish also contain significant levels

of cholesterol. However, cholesterol in food should not be confused with cholesterol in the bloodstream. This leaflet cuts through the myths to explain why.

The facts about cholesterol

Cholesterol is a type of fat made by the body and a certain amount is essential for good health. However, too much cholesterol circulating in the blood increases the risk of cardiovascular disease.

Two types of cholesterol

Dietary cholesterol is present in food, such as eggs, and some types of shellfish.

Blood cholesterol is the level present in the bloodstream – and it is this that people need to control to remain healthy.

How can I lower my blood cholesterol?

Food containing cholesterol (such as shellfish) does NOT have a major impact on blood cholesterol levels. Some people may require medicines to bring their cholesterol levels down. However, the major dietary cause of high blood cholesterol is the consumption of saturated fats. Controlling your intake of these fats is the best way to keep blood cholesterol down.

For the vast majority of healthy people (more than 99%), the amount of cholesterol in what they eat has no effect on the level of cholesterol in their blood. For these people, eating cholesterol in food simply means that they make less of it for themselves.



How to avoid saturated fats

Saturated fats are found in meat, especially in fatty or processed products, full-fat dairy foods (such as milk, cream and cheese) and spreads such as butter, lard and hard margarines. Foods made from these substances, such as cakes, biscuits, pies, pastries and puddings, are also likely to contain high levels of saturated fats.

A sensible diet will remove these items and replace them with lower fat dairy foods, lean meat, seafood and olive or sunflower oil.

What about shellfish?

Prawns, crabs, lobsters, squid, octopus and cuttlefish contain moderately high levels of cholesterol. However, for most people, they do not raise the level of blood cholesterol.

Molluscs such as cockles, mussels, oysters, scallops and clams are very low in cholesterol. These shellfish are good for everyone to eat, especially as they are high in nutrients such as Omega-3 oils, Zinc and Vitamin D, and very low in fat.

All shellfish count towards one of the two portions of seafood a week that the Food Standards Agency recommends we should all be eating as a minimum.

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A small number of people have Familial Hypercholesterolaemia (FH) or Familial Combined Hyperlipidaemia (FCH). For these individuals, dietary cholesterol may need to be carefully managed in line with advice from a doctor or registered dietician. These conditions are hereditary and occur in approximately 1% of the population.

