

Title:

Fish To Eat And Fish To Avoid

Word Count:

451

Summary:

Everyone knows fish is good for you. It's low in saturated fat, and it makes you smart. So it's

Keywords:

fresh fish, fresh seafood

Article Body:

Everyone knows fish is good for you. It's low in saturated fat, and it makes you smart. So it's

In late 2002, a San Francisco Chronicle headline warned that eating fish can be risky because

In one case, a woman suffered hair loss and high levels of mercury in her blood. That spurred

Hightower studied her own patients, who were affluent and ate plenty of gourmet fish -- swordfish

Hightower retested these patients after they abstained from the suspect fish for six months. The

Fish remains tasty ~ and healthy

Fish is naturally low in cholesterol and has been the protein of choice for cardiologists and

Studies have shown conclusively that men and women who eat a diet rich in fatty fish -- salmon

It's not necessary to eat fish every day to reap the benefits. According to a study in The Journal

Get your fish and other fine seafood at [FreshFishAndSeafood.com](http://FreshFishAndSeafood.com)

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>