

Title:

Seafood has some vitally important health benefits

Word Count:

823

Summary:

Seafood can be amazingly good for our health, Full of Omega 3 oils, proteins and many many nutrients

Keywords:

seafood, seafood restaurant, seafood market, sea food, food, cooking, health

Article Body:

Who says there is something fishy on fish oils, shellfish, and other seafoods when it comes to

Nowadays, people have come to realize the importance of seafoods in our diet. Various studies

So for those who still do not understand why most people are into sashimi and grilled tuna the

1. Fish is your heart's best friend!

Undeniably, fishes are exceptional low-fat food. The fats contained on fishes and fish oils are

2. One serving of fish two to three times per week keeps arthritis away.

There have been clinical trials that have shown that one serving of fish two to three times a

3. Some varieties of seafoods were proven to strengthen the immune system.

Studies showed that certain varieties of fishes and shellfishes have very high antioxidant E,

4. Seafoods in pregnant woman's diet make smart and healthy kids!

According to several researchers, the Omega-3 fatty acids found in different types of fishes are

There had also been studies showing how these essential fatty acids have a positive effect on

Also, a healthy diet for children with two to three servings of fresh seafoods per week can de

5. The fatty acids in fishes can alleviate the symptoms of depression.

Omega-3 fatty acids can also ease the signs of depressions in patients who do not respond to t

Studies showed that depressed patients who had greater amount of seafoods in their diet, parti

6. Shellfish ensures healthy skin and eyes.

Different varieties of shellfish are rich in vitamins and mineral, aside from being very low i

7. Children who eat oily fish may have lower risk of getting asthma.

Studies showed that children who were able to receive at least 300mg of fish oil a day had und

8. Fish eaters have lower risks of getting cancer.

The Omega-3 fatty acids found in fish are the essential components responsible for protection

9. Fatty fish are best natural source of Vitamin D.

In areas like the North America where people do not get enough Vitamin D, a nutrient important
However, after some careful studies, most nutritionists found out that fatty fishes are excellent
10. Essential fatty acids found in most seafood varieties may reduce the development of Alzheimer's
Various reports have recommended that long-chain polyunsaturated fatty acids, particularly those
With these kinds of fatty acids in the body, inflammation and proinflammatory substances in the
With all these viable health benefits of seafoods, no one can ever smell something fishy when

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