



Why salmon is (really) good for you!

Not only is Atlantic salmon delicious, it's really, really good for you! Packed full of Omega-3 fatty acids salmon - and its close cousin, the sea trout - are both in the special category of 'oily' fish - alongside a few other species commonly available in the UK like mackerel and herring.

In fact, the UK Government [recommends that we all eat at least two portions of oily fish every week](#) because of the health benefits this brings.

Omega-3 fatty acids are essential fatty acids your body cannot make on its own - they must be acquired in the diet through the foods we eat. There's widespread agreement from scientists about their benefits to our overall health, including a reduced risk of heart disease and stroke and also that Omega-3s help to keep bones and joints healthy and strong.

Furthermore, a growing body of research suggests evidence for many other Omega-3 benefits, particularly in relation to brain health. These include a positive contribution to the brain development of children; the fact that they may improve memory function and possibly helping to delay the onset of dementia. It has also been suggested that Omega-3 fatty acids may help relieve the symptoms of Parkinson's and Crohn's disease; ease rheumatoid arthritis and depression and help to keep your skin healthy. Read more [here](#).

Plus of course, because salmon is a high-protein food, it's great to eat if you're preparing your body for a workout. Proteins keep your metabolism balanced, keeping you fuller for longer and helping you to get in shape. And what's more, salmon is also full of a variety of vitamins and minerals, including vitamins D and B-12.

At JCS Fish we work hard to make sure all the good nutrients in salmon stay there – all the way through from freezer to plate. Our ingenious flash freeze and vacuum pack processes help keep portioned salmon fresh for longer and ensure it's just as healthy and delicious straight from the freezer as it was the day it came out of the water.

Contact us to find out more about new ways to make the most of healthy salmon!

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