COOKING FOR HEALTH

Your Seafood Questions Answered

How do fish oil supplements rate?

While fish oil supplements are fine to take, it is always better to try to get your nutrition through foods. Just as it’s preferable to get vitamins and minerals through fruit and vegetables rather than supplements, the same applies for omega-3 fats and seafood. There are health benefits associated with the whole fish not just the oils. However, if your needs are high for Omega-3’s due to a health condition, you may not be able to obtain all your needs through your diet. Fish oil can play a valuable health role.

Which one is more nutritious – fresh or salt water seafood?

When the essential fat content matters, there is little nutritional difference between fresh water seafood and salt water seafood if they both live in cold, southerly waters. However, salt water seafood have richer amounts of iodine, magnesium and sodium, which have multiple functions in the body.

Is seafood, especially shellfish, high in cholesterol?

In the past, shellfish were excluded from low-cholesterol diets because they were believed to be high in cholesterol. However, new measuring techniques indicate that cholesterol levels are not significant in most seafood products. In fact, molluscs – such as clams, oysters, scallops and mussels – were found to have a large amount of sterols, which appear to have a beneficial effect because they inhibit the absorption of cholesterol eaten at the same meal.

How to cook prawns in 5 easy steps

Per 1 kg.
1. Bring 2 1/2 litres of water to the boil, add 2 tablespoons of sea salt.
2. Add prawns to boiling water.
3. Cook for 3-4 minutes. Prawns are done when they float to the top of the water.
4. When they’re done, remove them from the boiling water and place in a big bowl of iced water to cool them.
5. Peel and eat! Great on their own or serve with vinegar, lemon or just bread and butter.

For more sensational seafood recipes or information on seafood, go to www.fish.gov.au

What’s So Healthy About Seafood?

Seafood – something for every taste, every cuisine, every occasion!
WHY CHOOSE SEAFOOD?
You may already know that seafood is healthy, but do you know why?
Seafood not only tastes great, it’s healthy, convenient and versatile — nature’s perfect fast food!
This brochure provides you with information on the health benefits of eating seafood; as well as healthy seafood meal ideas and recipes to inspire you.

WHY IS SEAFOOD SO HEALTHY?
Seafood is an important part of a healthy diet and becoming the food of choice for the health-conscious. Some great reasons to eat seafood are shown in the nutrition information table opposite. It’s brain food, and lots more!
In Australia we don’t eat enough seafood. The Australian Dietary Guidelines advise eating one or two fish-based meals per week (a serve of fish is 80 to 120g cooked weight). However according to the last National Dietary Survey only 1 in 4 of us reported eating fish at least once a week.
The impact of a Mediterranean type diet, which includes eating seafood regularly, has been examined in people who have established heart disease. One trial showed the Mediterranean diet to be more effective than a low-fat diet in reducing heart attack and death rates in the five-year follow up period. In fact, only two years into the study, the results were so striking that the trial was stopped and all participants were recommended to follow the Mediterranean diet.

What is the Mediterranean diet?
The Mediterranean diet consists of:
- more bread,
- more vegetables and legumes,
- more seafood,
- less meat (beef, lamb, pork) - replaced by poultry,
- no day without fruit,
- no butter or cream, and
- olive oil or other mono-unsaturated oil source.

Omega-3’s
Omega-3’s are a type of fatty acid (long-chain polyunsaturated fatty acid). Seafood is the best natural source of omega-3’s in the diet. Omega-3’s are ‘good’ fats which are vitally important for health and long life. For example they are vital during pregnancy for the baby’s brain development and vision; they are important to maintain a healthy heart, healthy immune system and have also been shown to benefit conditions such as diabetes, certain cancers, childhood asthma, obesity and arthritis.
Excellent sources of omega-3’s include oily seafood such as salmon, trout, mackerel, sardines, herring, tuna, anchovies, tiger prawns and blue mussels. Plant sources (like linseed, soy and canola) of omega-3’s can also be important, but they need to be made longer by the body to equate to these from seafood.

Omega-6’s
Omega-6’s are another type of fatty acid (long-chain polyunsaturated fatty acid) which is important for growth and general health and well-being. Omega-6 fats are also found in seafood of all kinds. However plant foods such as sunflower seeds, corn and soybean are usually a better source. Eating seafood regularly improves the balance of omega-3 and omega-6 fatty acids in the diet.

SEAFOOD – THE SUPER FOOD
Gram for gram, fish is one of the lowest-fat, highest protein foods you can eat. Australian seafood has 10-100 times higher levels of some of these good fats than other animal protein foods such as beef, lamb, chicken or pork. See how seafood stacks up against other popular protein foods in the table below (based on per 100g raw weight):

<table>
<thead>
<tr>
<th></th>
<th>ATLANTIC SALMON*</th>
<th>FLATHEAD*</th>
<th>LEAN BEEF (FILLET)</th>
<th>TRIM LAMB</th>
<th>SKINLESS CHICKEN BREAST</th>
<th>LEAN PORK STEAK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy kJ</td>
<td>541</td>
<td>380</td>
<td>536</td>
<td>480</td>
<td>567</td>
<td>516</td>
</tr>
<tr>
<td>Protein g</td>
<td>18</td>
<td>20</td>
<td>21</td>
<td>21</td>
<td>21</td>
<td>22</td>
</tr>
<tr>
<td>Total Fat g</td>
<td>3</td>
<td>1</td>
<td>5</td>
<td>4</td>
<td>6</td>
<td>4</td>
</tr>
<tr>
<td>Omega-3 mg</td>
<td>549</td>
<td>190</td>
<td>107</td>
<td>124</td>
<td>32</td>
<td>43</td>
</tr>
<tr>
<td>Cholesterol mg</td>
<td>18</td>
<td>19</td>
<td>67</td>
<td>65</td>
<td>66</td>
<td>58</td>
</tr>
</tbody>
</table>

* Australian seafood users manual – making the most of the world’s best.

NUTRITION INFORMATION

<table>
<thead>
<tr>
<th></th>
<th>SEAFOOD IS TYPICALLY</th>
<th>BENEFITS TO HEALTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENERGY</td>
<td>Low in energy or kilojoules.</td>
<td>Ideal for those watching the scales.</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>High in readily digestible protein.</td>
<td>Essential for growth and repair of muscles and a healthy immune system.</td>
</tr>
<tr>
<td>FAT, TOTAL</td>
<td>Low in fat but relatively high in ‘good’ fats such as omega-3’s and omega-6’s.</td>
<td>Provides the good fats essential to health.</td>
</tr>
<tr>
<td>SATURATED</td>
<td>Without almost any saturated fat.</td>
<td>Ideal to maintain a healthy heart. Most saturated fats increase blood cholesterol.</td>
</tr>
<tr>
<td>OMEGA FATS</td>
<td>The best natural source of omega-3 fats. They also contain omega-6 fats, which are also found in plant-based foods.</td>
<td>Omegas-3’s are essential to life and good health. Important for the brain and nervous system. Hence fish really is brain food. Omega-6’s are important for growth and general health and well-being.</td>
</tr>
<tr>
<td>CHOLESTEROL</td>
<td>Low in cholesterol. Shellfish and crustaceans like prawns do contain cholesterol however only a small amount is usually absorbed.</td>
<td>Fits into a heart healthy diet. Cholesterol in food is not the main predictor of blood cholesterol.</td>
</tr>
<tr>
<td>VITAMINS</td>
<td>High in vitamins A, B, E, A.D. One of the few natural sources of vitamin D.</td>
<td>Essential for maintaining good health. Essential for healthy bones.</td>
</tr>
<tr>
<td>MINERALS</td>
<td>High in minerals iodine and calcium. Seafood is the best source of iodine.</td>
<td>Essential for maintaining good health. Iodine is important for the thyroid.Calcium is essential for strong bones and teeth.</td>
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