



Bord Iascaigh Mhara
Irish Sea Fisheries Board

Fish for *Men*



Fish *for* Men

Health is something we all take for granted - as long as we have it. Few of us think about taking more exercise, cutting back on alcohol or eating a healthy diet until some health problem or other comes along and forces us to take stock. The problem is that many of today's health problems – high cholesterol, diabetes, heart disease and some cancers – are largely avoidable with a little effort. So what stops us from putting all the good lifestyle advice we hear into practice?

Men tend to die an average of six years younger than women

There is definitely room for improvement when it comes to looking after our health. Most of us already know that we need to eat lots of fruit and vegetables, take regular exercise and watch our weight to be healthy but sometimes the thought of all that effort can put us off.

Luckily, just increasing the amount of fish you eat every week can make quite a difference to your health. While nothing will substitute for an overall healthy lifestyle, eating fish,

especially oil-rich fish, twice a week is a simple and tasty step on the road to good health.

Fish and a healthy body

Fish is rich in many vital nutrients including protein, B vitamins, selenium, iodine and zinc. Oil-rich fish is also an excellent source of omega 3 fats and vitamins A and D.

Omega 3 fats

Omega 3 fats are special fats found in oil-rich fish that help maintain good health and prevent several diseases. Salmon, mackerel, trout and herring are all rich in omega 3.

Heart and cardiovascular disease account for 43% of all male deaths

Research has found that eating fish at least once a week can reduce the risk of a fatal heart attack by as much as 52%. Men are particularly prone to heart disease, especially if there is any family history of the disease. Omega 3 fats help to reduce levels of triglyceride, a type of fat found in the blood that can build up and block arteries around the heart.

For more information and delicious recipes visit www.bim.ie/wellbeing

Protein is used by the body to build and maintain healthy muscles. It is essential for growth – you won't reach your full height potential without it – but it is also a key part of your immune system, helping you to fight colds, flu and other infections.

Selenium is one of the micronutrients your body needs everyday. Selenium is a powerful antioxidant. This means it helps to protect your body from conditions such as heart disease and cancer.

Iodine is needed for a healthy metabolism. Your thyroid gland (located in your neck) controls your metabolism and energy levels. It relies on a good supply of iodine to keep your metabolism running at the right level.

Zinc is needed for healthy skin and muscles and is particularly important for fertility. Zinc is also needed for a healthy immune system and it also helps to speed the healing process.

B vitamins are needed for healthy blood and nerves as well as helping your body to get the energy from the food you eat. Low levels of B vitamins leave you feeling tired and run down.

High triglyceride levels are quite common in men of all ages, but regularly eating oil-rich fish, as well as increasing exercise, can help to lower them. Omega 3 fats also stop blood from becoming too sticky. Blood that is quite sticky is more likely to clot and block narrowed arteries, causing a heart attack if this happens in the heart, or a stroke if this happens in the neck or brain.

The human brain is almost 60% fat

Most of this fat is the omega 3 fat DHA. Recent research into omega 3 has found that older people who eat oil-rich fish, which are rich in DHA, regularly have better memories and can think faster and more accurately than those who never eat fish. The

omega 3 fats seem to help slow the brain's natural ageing processes, keeping you much more alert into later life. Even before you get to old age, omega 3 fats may help to boost brain-power. Studies on the omega 3 fat EPA, only found in oil-rich fish, show that EPA helps to boost concentration and memory.

Osteoporosis and men

This crippling bone disease affects one in five Irish men. A diet rich in calcium is essential in preventing osteoporosis but your body can't absorb any of the calcium you eat unless you have enough vitamin D. Oil-rich fish is one of the few natural sources of this vitamin.



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Salmon with pasta, pesto and rocket

Serves 4

Ingredients

4 salmon darnes
Half a tablespoon olive oil
2 tablespoons basil pesto
4 handfuls fresh rocket leaves
400g dried pasta
Freshly grated parmesan cheese

Method

- Cook the pasta according to the pack instructions.
- While pasta is cooking, heat a little olive oil in a pan and cook the salmon over a medium heat for 8 – 10 minutes until cooked through.
- Drain the pasta well and return to the pan with the remaining olive oil and pesto.
- Add the rocket and stir gently through the pasta.
- Divide the pasta between 4 warmed plates and place the salmon on top.
- Sprinkle with the grated parmesan and serve.

To Serve

Serve with tossed green salad.



Lemon and herb crusted haddock

Serves 4

Ingredients

4 pieces haddock fillet approx 160g each (or other chunky white fish)
10 – 12 tablespoons fresh breadcrumbs
Zest and juice of 2 lemons
4 tablespoons chopped fresh parsley or chives
2 tablespoons olive oil
2 medium leeks – washed and cut into thin rings
A little salt and pepper

Method

- Mix the breadcrumbs with lemon juice, zest, herbs and 2 tablespoons of olive oil.
- Season the mixture with a little salt and pepper and pat firmly onto the fish.
- Bake in a preheated oven at 200 °C / 400°F or Gas mark 5 for 10 – 12 minutes, or until the fish is cooked through and the topping is crisp and golden brown.
- While the fish is cooking, gently fry the leeks in the remaining olive oil until soft.
- Remove fish from oven and place on a bed of leeks.

To Serve

Serve with baked or mashed potato.

