



Bord Iascaigh Mhara
Irish Sea Fisheries Board

Fishing for Compliments



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These days, there's no limit to what you can spend on beauty, just take a stroll through your local pharmacy, visit a big department store or even surf the internet. Wherever you go, you'll find face creams, tanning lotions, skin primers, foundation, cleansers, toners and moisturisers by the thousand - all promising to make you more attractive, younger looking, prettier. Your beauty spending can add up fast - and that's before you even start to think about clothes and shoes...

Yet, the things we consider most attractive about people are rarely influenced by lotions and potions. More often, it's clear skin, shiny hair, bright eyes and a sense of natural vitality and radiance that we really look for – and it's what you eat that makes all the difference there.

It's no secret: to look your best you need a varied and healthy diet – the better you eat, the better you look. Following healthy eating guidelines to eat more fruit and vegetables, plenty of dairy, high fibre breads and cereals, and plenty of protein-rich foods like fish, meat and chicken will all make a big difference to how you look.

Why food matters:

Your body needs a wide variety of vitamins, minerals and other nutrients to be at its best and to keep you glowing with health. This is where fish can help. Fish is a powerhouse of good nutrition, naturally low in saturated fat,

rich in easy-to-digest protein and packed with many of the essential vitamins and minerals your skin needs to glow.

A good night's sleep:

No beauty regime can be complete without giving your body enough rest to put all your good nutrition into action. When you sleep your body gets busy repairing and rebuilding, so treat yourself to a beauty lift and aim to be in bed before 10pm a few nights a week.

And if looking fabulous isn't enough...

Life isn't all about beauty: fish is also one of the healthiest foods around. Omega-3 fats help to reduce your risk of heart disease and help to keep your brain healthy into old age. Vitamin D helps you to absorb the calcium from your food so it's good for your bones, and the low-fat protein found in fish means you can help to keep cholesterol levels healthy. So when you add fish to your diet, you're taking care of more than your looks.

The real thing:

Yet even if you know the benefits of eating fish, you might just think 'Why bother' and take a supplement instead. Popping a pill can seem like an easy way to good looks, but you get so much more from the real thing. By eating fish you get more than just omega-3 – you get protein, iodine, zinc, selenium, and vitamins B, A and D. Better still, you get these fresh, at source, as nature always intended.

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

Looking after	Go for
<p>Your hair</p> <p>Hair needs lots of protein to be healthy and strong. Stronger hair means fewer split ends and breakages and makes it better able to cope with regular colouring and styling. Hair also benefits from lots of copper and iron to keep its natural colour rich and strong. Omega-3 fats also help to keep hair healthy and shiny.</p>	<p>For protein: all types of fish and shellfish.</p> <p>For iron: mussels, oysters, crab and prawns.</p> <p>For omega-3 fats: salmon, trout, mackerel and herring.</p>
<p>Your skin</p> <p>Like hair, skin benefits from a rich supply of protein. Protein is needed to make collagen, the structure that supports your skin. Collagen helps to keep skin firm and healthy collagen is one of the key factors in helping skin to resist the signs of aging. Protein also helps your skin to quickly repair and heal after any breakouts. A rich supply of vitamin A is essential to help keep skin moist and essential fats keep skin soft and supple.</p>	<p>For protein: all types of fish and shellfish – trout, salmon, haddock, crab, mussels and whiting.</p> <p>For vitamin A and omega-3 fats: salmon, trout, mackerel and herring.</p>
<p>Your nails</p> <p>Like skin and hair, nails need protein – and lots of it. Nails also benefit from a good supply of minerals, especially zinc.</p>	<p>For protein: all types of fish and shellfish.</p> <p>For an extra zinc boost: shellfish such as mussels, oysters, crab and prawns.</p>
<p>Your eyes</p> <p>Vitamin A is essential for bright, healthy eyes – coupled with plenty of sleep!</p>	<p>Oil-rich fish like mackerel, salmon, herring and trout.</p>
<p>Your weight</p> <p>Maintaining a healthy weight is important for long term health, and fish is a fantastic food for those watching their figure. White fish is naturally low in fat and rich in iodine, needed for a healthy metabolism.</p>	<p>Low in fat: white fish is lowest in fat – haddock, whiting, hake, plaice and ray.</p> <p>For a good source of iodine: all kinds of fish and shellfish, especially mackerel, cod, haddock and mussels.</p>



Smoked Salmon Salad with Horseradish Crème Fraîche

Serves 4

Ingredients

8 slices smoked Irish salmon (You can also use smoked or peppered mackerel or trout)
Mixed salad leaves
12 cherry tomatoes – cut in half
1 tablespoon wholegrain mustard
1 tablespoon horseradish sauce
4 tablespoons crème fraîche or natural yoghurt
Chopped flat-leaf parsley

Method

- Mix horseradish and wholegrain mustard with crème fraîche or yoghurt
- Thin out with a little water until the mixture reaches desired consistency
- Place salad leaves in a large bowl, with the cherry tomatoes
- Place slices of smoked salmon or flaked mackerel on top, with the croutons
- Pour over the dressing and sprinkle with chopped parsley.



White Fish Fillets with Sauce Vierge

Serves 4

Ingredients

4 white fish fillets – skinned
Juice of half a lemon

Sauce Vierge

2 cloves of garlic – crushed
Chopped parsley
1 dessertspoon of capers
3 tablespoons olive oil
A little salt and pepper

Method

- To make the sauce, combine olive oil, garlic, parsley and capers in a food processor and blend together. If you do not have a blender simply chop all the ingredients finely and whisk together. Season to taste
- Place fish on a lightly oiled tray, sprinkle with lemon juice and cover with foil
- Bake in a pre-heated oven 200 °C / 400°F/ Gas mark 6 for 8 – 10 minutes
- Remove from oven, arrange on heated plates and drizzle with sauce vierge.

