Sea Grant
ILLINOIS-INDIANA

# HEALTHY PROTEIN
— FISH —
FOR A BALANCED DIET

Fish is a healthy choice.

EAT SEAFOOD, BE KIND TO YOUR BODY

- Eating fish at least twice per week is part of a healthy eating pattern that can help prevent chronic diseases[1].

- Fish are a source of vitamins, minerals, and protein and may contain omega-3 fatty acids.

- Eating fish provides health benefits. It lowers the risk of heart disease, builds and repairs tissue, boosts brain health[2,3] and improves infant brain and nerve development[3].

[1-3] For relevant research, visit
https://iiseagrant.org/publications/fish-nutrition
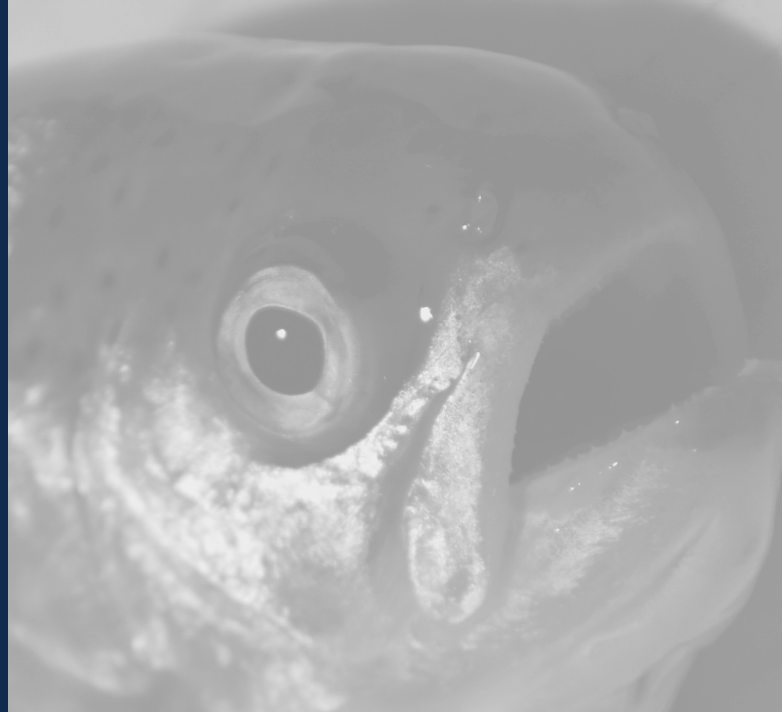
What to look for:

- Clear, bright eyes

- Moist, firmly attached scales

- Vibrant color and red gills (not faded)

- Mild smell (fresh fish does not smell "fishy" or rotten)

Find fresh, local fish at farmers markets, farm to table restaurants, aquaculture farms, and ethnic markets.

NCRAC

Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

PURDUE UNIVERSITY | Extension