

Protein and Fish

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A great source of lean protein, fish provides the body with heart-healthy omega 3 fats, vitamins and minerals

Fish is a great source of lean protein and heart-healthy omega 3 fats, which are key to growth and development. It's also low in saturated fat yet rich in a range of vitamins and minerals such as vitamin A, D, B, selenium and calcium.

How much?

Aim to include a minimum of two portions (120g each) of fish a week into your diet, one of which should be an oily fish.

White fish includes cod, haddock, plaice, pollock and hake; oily fish includes salmon, trout, sardines, fresh tuna, mackerel and kippers.

The importance of omega 3

Oily fish is a rich source of heart-healthy long-chain omega 3 fats, which are needed for brain and visual development. Research has shown diets rich in fish and omega 3 help lower the risk of heart disease.

Plant sources of omega 3, such as linseeds, chia seeds and plant oils, provide short-chain omega 3, which do not have the same health benefits of those found in oily fish. Instead our bodies have to convert these omega 3s into the long-chain versions and our bodies are pretty inefficient at doing so.

Lochmuir salmon

Did you know that all of our Lochmuir salmon are fed an omega 3-rich diet? Every fillet provides you with your entire week's omega 3 intake (3g). Look out for our Eat Well sunflower and omega 3 messages on our packaging to boost your fish and omega 3 intake.

Meat, fish, eggs, beans and pulses are great sources of protein, which are needed for our growth and development. Protein is made up of amino acids, some of which our bodies can't make so need to be provided by the diet. Choosing lean sources help to boost the protein in your diet yet manage your intake of saturated fats and including a variety helps to provide your body with all the amino acids it needs.

Animal protein sources are often the richest, however good plant protein sources include soya, tofu, pulses and nuts. Remember to include a variety of different protein sources.

What about red meat?

Red meat is a rich source of protein as well as iron and zinc, two minerals which are often low in our diets. A healthy diet can include red meat as a rich source of these nutrients but you should try to have no more than 70g a day (cooked weight) and balance your diet with other sources of protein as well. Processed meat, such as cured or smoked meat, can be enjoyed on occasion in smaller quantities.