Eating Fish

Fish is a great source of protein and healthy ‘omega 3’ fats. These fats can help to protect you against heart disease.

Good sources of omega-3 include:

* fresh or tinned salmon, tuna and sardines
* mackerel
* herring
* rainbow trout
* blue eye trevalla
* bream.

Try these easy and tasty ideas for including fish in your diet:

* Use tinned salmon, tuna or sardines. Tinned fish is great in sandwiches, or in patties or casseroles.
* Grill or BBQ fish. Wrap the fish in foil, or brush with marinade or lemon juice so it does not dry out.
* Make a soup or curry using firm fleshed fish, and plenty of vegetables.
* Baked fish – put fish in a lightly greased dish with lemon juice, garlic, ginger, and/or herbs and spices. Add ½ to 1 cup of liquid (stock, wine, or milk), cover and cook in a moderate oven for 15 to 20 minutes.
* Steamed fish – put fish (with some ginger and spring onions on top) in a steamer. Cover and steam for about five minutes for a two centimetre thick fillet.

*Updated June 2019*