

EAT FISH, IT IS GOOD FOR YOUR HEALTH.

BENEFITS OF FISH CONSUMPTION

HIGH IN IMPORTANT NUTRIENTS

DELICIOUS AND EASY TO PREPARE

BOOSTS BRAIN HEALTH

HELPS PREVENT AND TREAT DEPRESSION

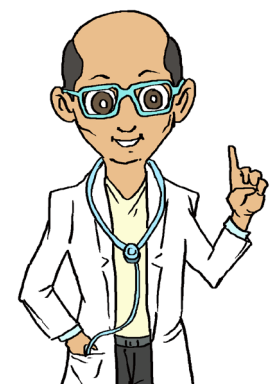
KNOWN TO LOWER YOUR RISK OF HEART ATTACKS AND STROKES

KNOWN TO IMPROVE SLEEP QUALITY

A GOOD DIETARY SOURCE OF VITAMIN D

KNOWN TO PROTECT YOUR VISION DURING OLD AGE

HIGH IN IMPORTANT NUTRIENTS



FISH IS HIGH IN MANY IMPORTANT NUTRIENTS, INCLUDING QUALITY PROTEIN, IODINE, AND VARIOUS VITAMINS AND MINERALS.

LOWERS YOUR RISK OF HEART ATTACKS AND STROKES



EATING FISH HAS BEEN LINKED TO A REDUCED RISK OF HEART ATTACKS AND STROKES.

IT CONTAINS NUTRIENTS THAT ARE IMPORTANT DURING CHILD DEVELOPMENT



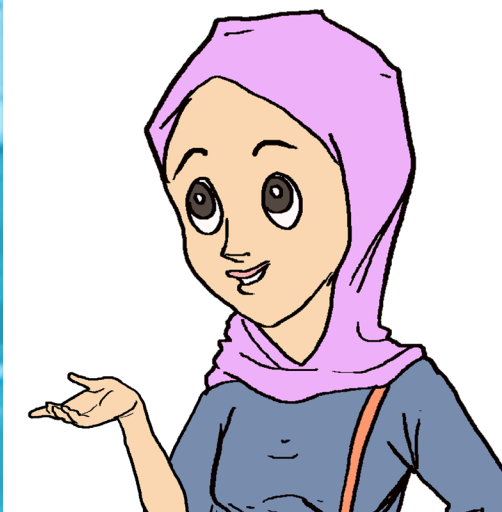
IT'S RECOMMENDED THAT PREGNANT AND BREASTFEEDING WOMEN GET ENOUGH OMEGA-3S OILS FOUND IN FISH.

KNOWN TO BOOST BRAIN HEALTH



PEOPLE WHO EAT FISH REGULARLY ARE KNOWN TO HAVE MORE GRAY MATTER IN THEIR BRAIN CENTERS THAT CONTROLS MEMORY AND EMOTION.

KNOWN TO REDUCE AND PREVENT DEPRESSION



OMEGA-3 FATTY ACIDS MAY HELP REDUCE DEPRESSION.

A GOOD DIETARY SOURCE OF VITAMIN D



FATTY FISH IS AN EXCELLENT SOURCE OF VITAMIN D, AN IMPORTANT NUTRIENT IN BODY GROWTH.

MAY REDUCE YOUR RISK OF GETTING DIABETES



EATING FISH IS KNOWN TO REDUCE ONCE RISK OF GETTING TYPE 1 DIABETES.

KNOWN PROTECT YOUR VISION AT OLD AGE



PEOPLE WHO EAT MORE FISH HAVE A MUCH LOWER RISK FOR DEGENERATIVE EYE DISEASES AS A RESULT OF OLD AGE.

DELICIOUS AND EASY TO PREPARE



YOU CAN PREPARE FISH IN A NUMBER OF WAYS, INCLUDING BOILING AND FRYING.

THE BOTTOM LINE



FISH IS A WONDERFUL SOURCE OF HIGH-QUALITY PROTEINS AND VITAMINS.

ITS RICH IN MINERALS & OTHER NUTRIENTS THAT HELPS IN BRAIN DEVELOPMENT AND REDUCES THE RISK FOR PREMATURE BIRTH.

IT ALSO CONTAINS HEALTHY OILS (OMEGA 3) THAT REDUCES THE RISK OF HEART DISEASE AND DIABETES THAT CAN OCCUR AT OLD AGE.

WHAT'S MORE, FISH IS EASY TO PREPARE AND IS EASILY DIGESTED. MAKE IT A POINT TO ADD FISH TO YOUR DIET TODAY!