

# Fish



Factsheet for Persons Living with Dementia and Care Partners

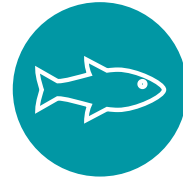
In this factsheet, you will learn about:



Benefits of Fish



Cooking Suggestions



Omega-3 Fatty Acids

## Key ideas:

- Fish is a high-quality protein packed with omega-3 fatty acids.
- Fatty fish, such as herring, salmon, sardines, mackerel, tuna, and trout are particularly high in omega-3 fatty acids.



- Oily fish, like salmon and trout, can be grilled.
- White fish, like sole and tilapia, are delicate and taste great poached.
- Both white fish and oily fish can be baked or steamed.
- Stir-fried shellfish can be added to many dishes.

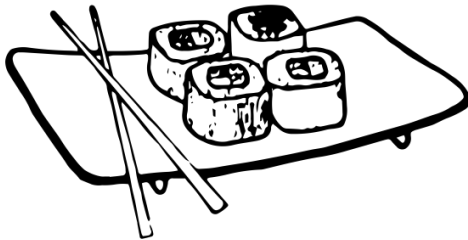
Canned tuna or salmon is an easy way to get more fish into your diet. Try it in fish cakes, or mixed with mayonnaise, mustard, and onions for a quick sandwich topping.

# Benefits of omega-3 fatty acids

- Maintain a healthy heart by lowering blood pressure.
- Maintain healthy brain function.
- Reduce the risk of depression, stroke, diabetes, and other diseases.
- Prevent inflammation and reduce arthritis risk.

## How can I get started?

- Try to eat fish a couple times per week.
  - If you do not eat fish, you can still consume omega-3 fatty acids from flax seeds, walnuts, and vegetable oils (e.g., canola oil or flaxseed oil).
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- Other benefits of fish are that it includes: vitamin D, vitamin B2, calcium, phosphorus, iron, zinc, magnesium, iodine, and potassium.
  - Some examples of healthy fish to eat include: anchovies, black sea bass, salmon, oysters, and trout.



## My notes, reflections, and goals:

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