

Fish are one of the most important and frequently used traditional foods. Fish can be caught locally and year round and there are many different ways to prepare delicious fish meals.



RESOURCES

To obtain a copy of the Canadian Food Guide contact your local Health Centre or regional nutritionist

www.hltss.gov.nt.ca

www.hc-sc.gc.ca

CONTACT US

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If you would like this information in another official language, contact us at 867-920-3367.

Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867-920-3367.

Health Benefits of Fish



February 2011

FISH IS GOOD FOR US

Fish provide important nutrients in our diet and are a good source of nutrition. It is high in protein, vitamin B and omega-3-fatty acids (good fatty acids). The omega-3 fatty acids are required in the diet and are considered important to heart health, and brain and eye development. Fish is also the most significant source of naturally occurring Vitamin D, which plays an important role in the body's use of calcium, a mineral required for sound teeth and bones.



DID YOU KNOW?

- **Fish meat, head and eggs are excellent sources of protein.** We need protein to build and repair our muscles, skin and blood. Protein also helps to fight sickness.
- **Fish eggs are an excellent source of iron.** Iron helps make healthy blood that flows through our bodies, giving us energy and making us grow. Healthy blood keeps us from getting tired.
- **Fatty fish such as trout are good sources of omega-3 fatty acids,** which help protect against heart disease and may help prevent cancer.
- **Fish head and bones are a good source of calcium.** We need calcium for strong bones and teeth.



HEALTHY CHOICES

- Eat smaller fish (these are usually younger too).
- Eat more fish that are lower in the food chain, such as whitefish or grayling, and eat less that are higher in the food chain such as walleye, northern pike or lake trout.
- In recommendations one serving of fish is considered to be 75 grams, about the size of a deck of cards (www.hc-sc.gc.ca).
- It is important to have a balanced approach to eating healthy.
- The Canadian Food Guide for First Nations, Inuit and Metis is an excellent source for a variety of healthy food choices.

