Fish and Their Properties

Not everyone knows that fish should appear on our menu more often than meat because they have more nutritional value than beef, pork, or poultry. Fish contain:

• highly digestible and easily digestible protein

• polyunsaturated fatty acids (primarily omega-3)

• vitamins A, D, E, and B group

• minerals: magnesium, calcium, potassium, iron, iodine, selenium, fluorine, copper, manganese

Fish are recommended mainly because of the content of omega-3 fatty acids. These acids have many health properties, including:

• ensuring proper cholesterol levels

• supporting the work of the heart and circulatory system

• lowering blood pressure and clotting

• having anti-inflammatory and anti-allergic effects

• reducing the likelihood of certain cancers

• supporting the functioning of the nervous system

• boosting the immune system

• accelerating metabolism and reducing appetite, supporting the weight loss process

• having a positive effect on memory and concentration

• neutralizing the harmful effects of free radicals, slowing down the aging process, and improving the condition of the skin and hair

• increasing serotonin production (the happiness hormone)

Which fish to choose?

The nutritional value of fish is influenced by factors such as species, feeding grounds, type of food, and age. Fish are divided according to two classifications: Firstly, by origin:

• marine fish (salmon, herring, sardine, mackerel, tuna, cod, halibut, sprat) - provide more calories, but also more beneficial fats, as well as iodine and selenium

• freshwater fish (trout, pikeperch, carp, crucian carp, sturgeon, bream)

Secondly, by fat content:

• oily fish (healthy, being the best source of omega-3 fatty acids) - salmon, herring, mackerel, halibut, sardine, sprat, halibut

• medium-fat fish (trout, carp, tuna, turbot)

• lean fish (cod, pikeperch, sole, ling, hake, coley, gilt-head bream, flounder, pike, pangasius, tilapia)