

Health Benefits

Substantial evidence suggests that people at risk from coronary heart diseases, heart arrhythmia, rheumatoid arthritis, diabetes, obesity and hypertension may benefit by making seafood a cornerstone of a healthy balanced diet. These benefits are linked principally to fish oil that contains omega-3-poly-unsaturated fatty acids (PUFA).

Omega 3 oils provide health benefits particularly in the fight against coronary disease, high blood pressure, arthritis, asthma and depression . These oils are also thought to be beneficial for the development of babies.

CSIRO research has shown that most Australian seafood has higher levels of omega-3 oil than other food groups and lower levels of cholesterol. Interestingly, Australian fish have higher levels of these oils than fish from northern hemisphere waters.

Based on these results, one to two meals of fish each week may result in measurable health benefits.

CSIRO research shows that seafood has high levels of beneficial omega-3 oils than other food sources (mg per 100g):

Fish 210
Oysters 150
Prawns 120
Lobster 105
Turkey 35
Beef 22
Chicken 19
Lamb 18
Pork 0
Veal 0