

# Edinburgh is hooked on fish over avocados

Apparently four times as many of you living in Edinburgh think seafood such as hake, mackerel, and trout is better to eat than avocados to get fit and healthy.

Research has found that you are picking fish, fruit, and wholegrain carbs as the top health foods to help you prepare for exercise and training, over wellness favourites like protein shakes and avocados.

The study of 4,000 adults for the 'Sea for Yourself' campaign, supported by the Department for Environment, Food and Rural Affairs (Defra) and Non-Departmental Public Body Seafish, shows the foods Brits are cooking at home, and their attitudes towards exercising and healthy eating.

Packed full of protein, omega-3 fats and essential vitamins and minerals such as phosphorus, selenium, iodine and certain B vitamins, as well as zinc in shellfish, and vitamin D in oily fish, the health benefits of eating seafood are widely acknowledged, and more than half of the UK is already cooking salmon and tuna dishes at least once a week.

However, a third of you admit you would integrate more fish into their diets if you felt more confident cooking it, with two thirds who say it is seafood's health benefits which is the main reason for wanting to. Delicious, easy-to-cook species such as monkfish, mussels, and lemon sole are sometimes overlooked for our nation's favourites but provide a great alternative to mix up a healthy diet and help you out

of a recipe rut.

Denise Lewis OBE, British gold-medal Olympian, said: “As a former Olympian, I’ve always been committed to maintaining a healthy diet so I can live life to the full and stay fit enough to race around with my kids. 20 years on from winning gold at the Sydney 2000, seafood continues to be my favourite source of protein and healthy fats, and I love the variety it allows me. Whether I’m concentrating on my training regime or whipping up a tasty meal like grilled brown trout with spinach for my family, testing out a simple yet delicious new seafood recipe is my go-to cooking choice.”

Juliette Kellow, Consultant Nutritionist at Seafish, added: “Most of us are familiar with nutrition advice that encourages us to eat a wide variety of fruit and vegetables for optimal health, and it’s the same when it comes to seafood. Many varieties of fish provide a range of B vitamins, including vitamins B3, B6 and B12, all of which help fight fatigue for those of us always on the go.

“Incorporating new fish like herring, coley or hake, and shellfish like crab and mussels into your diet is smart as they provide a great source of protein and allow you to make the most of all the health benefits seafood offers. Whether you’re going through a busy period or have an active lifestyle, you don’t have to be an Olympian to enjoy the wealth of health benefits seafood has to offer.”

For more information about the health benefits of fish or to discover

new recipes to try at home, visit [fishisthedish.co.uk](http://fishisthedish.co.uk).



Denise Lewis OBE