

CERT IV article – ‘50Somethings’

For Christmas, my daughter gave me *The Cook's Guide to Eating Seafood*, along with an admonition about eating healthy this year. She means well, I'm sure. But on reflection, I decided I would start the New Year by making some healthy food choices – some healthy *seafood* choices – and I've been surprised by what seafood can do for me.

Studies on the positive effects seafood has on your health continue to yield strong results. The indications are that seafood protects you against coronary heart disease, high blood pressure, arrhythmia, and type-2 diabetes. The omega-3 fatty acids in seafood have also been shown to assist sufferers of rheumatoid arthritis, and are linked to improving and maintaining brain function and memory. There is growing evidence that people who eat seafood at least once a week are at lower risk of developing dementia and Alzheimer's. There are also promising results in how seafood benefits those suffering with asthma and Crohn's disease.

Depending on the type of seafood you go for – for example snapper, Atlantic salmon, or swordfish – seafood is high in protein, and contains other important minerals such as iodine, iron, zinc and magnesium. Our bodies use these to help regulate metabolism, strengthen heart function and blood-flow, and bolster our immune systems.

Cook your seafood with various herbs and garlic, and you get the added bonus of lowering your cholesterol and triglyceride levels, while upping your anti-oxidant intake.

All good reasons to give that Christmas present a workout.

Not being a regular buyer of seafood, my wife and I thought we could start by making a day of visiting the Fish Markets in the city. (She's in on this with my daughter, I'm sure of it.) Every now and then we still go to the Fish Markets for the drive, but there are a couple of vendors at the markets who have outlets in shopping centres closer to us. It's easier for us to get to the outlets on a regular basis, and we've been able to make seafood part of our routine. The prices are reasonable, and they have a range of seafood to choose from. Combined with the delicious recipes we're using, we look forward to enjoying a seafood dish 3-4 times each week.

New Year's Resolutions are hard to live up to – but not this one. Making seafood my healthy choice was easy, and enjoyable, and I'm reaping the benefits.