

THE BUZZ ABOUT.....



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BEE WELL NUTRITION

▶ Is Salmon Really Good For You?

Bee Well Nutrition
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If you are looking for a simple way to improve your health with nutrition, try eating more salmon. Cold water fish, such as wild salmon is one of the healthiest foods to add to your diet. Full of omega 3 fatty acids, the health benefits of salmon are countless.

Wild salmon is one of the healthiest foods around. It's a great source of protein, containing all of the essential amino acids, yet, it is low in calories. Additionally, you can enjoy it knowing you're eating a meal chock full of vitamin D, B12, niacin, selenium, B6 and magnesium which are important for a healthy metabolism. While other protein sources like beef, chicken or pork can all have a place in your diet, they can't claim these salmon health benefits.

One of the greatest salmon health benefits is that the fish is packed full of omega-3 fatty acids which are proven to decrease the risk of heart attacks and strokes. A diet rich in salmon decreases triglyceride levels and improves blood circulation.

In addition, salmon has anti-inflammatory effects on the body that improve cognitive, or brain function as well as mental health. Patients with bipolar disorder, depression, and Alzheimer's disease have had improvements associated with a diet rich in salmon. You'll even enjoy better skin and healthier hair as a result of eating a serving of salmon two to three times a week.



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Check out the Smoked Salmon Spears recipe on pg 4 of the March Sales Flyer @ www.naturesfoodpatch.com
All the ingredients are on sale at the Patch!

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How to Select?

Salmon is sold in many different forms. Fresh salmon is available whole or in steak or fillet form. Salmon is also available frozen, canned, dried or smoked.

Whenever possible, choose wild rather than farm raised salmon.

Research published by the Environmental Working Group (July 30, 2003) indicates that farmed salmon poses a cancer risk because it may be carrying high levels of carcinogenic chemicals called polychlorinated biphenyls (PCBs). When farmed salmon from U.S. grocery stores was

tested, the farmed salmon, which contains up to twice the fat of wild salmon, was found to contain 16 times the PCBs found in wild salmon, 4 times the levels in beef, and 3.4 times the levels found in other seafood.