

Seafood is a great source of omega-3 fatty acids



Catch the benefits of fish

When it comes to safeguarding your heart health, fish is the “reel” deal. Rich in omega-3 fatty acids, fish can benefit the hearts of healthy people and those who are at risk for or who have cardiovascular disease.

The American Heart Association recommends eating fish (particularly fatty fish) at least two times a week. Fish is a good source of protein and doesn’t have the high saturated fat found in fatty meat products. Examples of fish that are good sources for omega-3 fatty acids include:

- Mackerel
- Lake trout
- Herring
- Albacore tuna
- Sardines
- Salmon



**BlueCross BlueShield
of Illinois**

Source: American Heart Association

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