

The Protein With Tales and Scales

How often do you see an over weight Oriental, Japanese or Eskimo? Not very often. If so, they probably been corrupted by our high fat American diet consisting of hot dogs, hamburgers and fries!! The reason for the Orientals or Japanese staying very healthy and thin is that their staple diet is primarily fish and rice. The key here is the omega-3 oils found in fish. It has also been said that omega-3 fatty acids help prevent blood clots which contribute to heart disease.



A test was taken by M.L. Burr of the Medical Research Council Epidemiology Unit in Cardiff, Wales (1) of middle-aged men who had already experienced a heart attack. Their fat intake was cut by 30%, their fiber was increased by 18 grams per day and 2 weekly portions of 7-14 oz. of fatty fish were given. Unfortunately, some could not tolerate the fish and took capsules which contained 500 milligrams of EPA (eicosapentaenoic acid). Two years passed and the death rate of the fish eaters dropped 29% over the non-fish eaters. We can see now why the heart attack rate between 1950-1980 has been extremely low in Greenland and Japan.

What we are seeing here is the omega-3 fatty acids are definitely preventing the arteries from clogging and in turn are lowering heart disease. Now, many people will choose to take the EPA in a pill form instead of using fish as a source of good protein in their diet. What this will do is allow them to continue to eat their high fat, heart attack causing foods. What we want to see is a shift in people eating more fish as their protein and eliminating the high-fat meats. Of course, we do not mean you can have your fish with a béarnaise cream sauce on top. Remember, the sauces and dressings can sometimes be worst than the food itself. Stick to baking, broiling or grilling your fish and demand at restaurants that they prepare your food just the way you like- no butter, and the sauce on the side. Hey, if you decide fish is for you, sushi might be right up your alley!!

Here are a few of your more well known fishes that will give you a good source of omega-3 fatty acids:

- * trout
- * salmon
- * herring
- * mackerel
- * sardines
- * catfish

Eat two servings a week (7-14 ounces) to help keep your blood from clotting and eventually eliminate problems with your arteries.