

THE FEARLESS OLIVE
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FISH TALES!

Frozen or fresh, farm fish or coming straight from a river or the salty seas, fish is one of those ingredients we all have a place for in our kitchens. So whether you cook, bake or eat it raw, fish comes stocked with vitamins and essential minerals. So as long as you cook it just enough to allow the natural vitamins and goodness to seep into your system, we bring to you some of the many benefits fish have.

HEALTH BENEFITS:

A heart stronger than a strong stomach! One of the most well known effects of eating fish is the richness of omega-3 fatty acids which aid in fighting against heart problems. So a strong heart means lots of fatty acids like Omega 3, which are naturally present in fish like salmon, but we can consider hilsa to contain this goodness.

The best way to eat hilsa is obviously the age old custom of baking it or steaming it in banana leaves in a 'paturi' style. Omega 3 also helps prevent blood clots and inflammation, thus keeping our blood vessels clean.

As most elderly folks switch to dietary medicines, with women especially going for more omega-3 supplements, our body

joints will thank us for having more fish as an overall improvement in their functions becomes noticeable.

HERE'S LOOKING AT YOU KID

Oil rich fish helps keep eyes healthy as both fish and shellfish contain a form of vitamin A called retinol, that boosts night vision while reducing the risk of degeneration of the eyes, known as age-related macular degeneration (AMD). Then come the essential nutrients.

Seafood as a whole provides a very hefty dose of essential nutrients including iodine, selenium, zinc and potassium. So from keeping that thyroid gland happy, to making enzymes through selenium to protect us from cancer, fish also provides vitamins like A and D, where the

former works for eyes and the latter helps absorb calcium for the bones.

BREATHE IN DEEPLY AND RELAX

A number of studies have indicated that fish and shellfish may help to protect our lungs while some have shown how they relieve symptoms of asthma in children. So keep your lungs stronger while you say goodbye to bouts of depression. Once again omega-3 wins the day by being largely responsible for helping us avoid depressive states like Seasonal Affective Disorder (SAD) and post-natal depression.

GET THAT SMOOTH SKIN

More on omega-3 and other than protec-

tion from the harmful effects of UV rays, it also helps against conditions like Eczema and Psoriasis, while fish provides the right amount of protein to help collagen which keeps our skin looking young!

AS LONG AS YOU CAN STOMACH THIS ONE

This could well be the saga of omega-3 but fish is equally glad to carry this important fatty acid component that provides us with such a range of benefits! Bowel related problems are also fixed including serious diseases like Crohn's disease and ulcerative colitis.

HOW DARE YOU CALL ME FAT

The human brain is almost 60 percent fat, with much of this being omega-3 fat. This is possibly the reason research has indicated that people who eat plenty of seafood are less likely to suffer dementia and memory problems in later life. DHA, an omega-3 fat found in seafood, has also been linked to improvements in children's concentration, reading skills, behaviour, and Attention Deficit Hyperactivity Disorder (ADHD).

FOR PREGNANT WOMEN

It is however advisable for pregnant women to avoid eating fish that are higher

