

Health benefits of eating fish

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Abstract

Fish is not only a source of proteins and healthy fats, but also a unique source of essential nutrients, including long-chain omega-3 fatty acids, iodine, Vitamin D and calcium. These essential nutrients keep our heart and brain healthy. Top 10 most wanted edible fish in India like Salmon, Katla, Rohu, Bangda, Rani (Pink perch), Surmai, Pomfret, Hilsa, Kekda (crab), Jhinga (prawns and shrimps). Here we describe about health benefits of fish. High in important nutrients, lower our risk heart attack and strokes, may boost brain health, may help prevent and treat depression, may reduce our risk of autoimmune diseases. So, we have added different types of fishes in our diet to gain proper nutrition and care of our body.

Biography

I complete my msc from life science background from T. M. B. U. University Bhagalpur. I published 5 papers.

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