

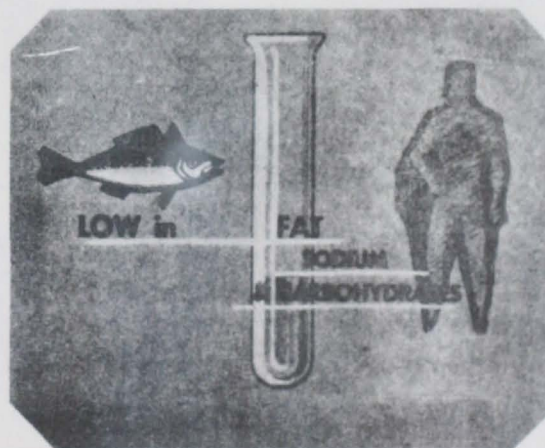
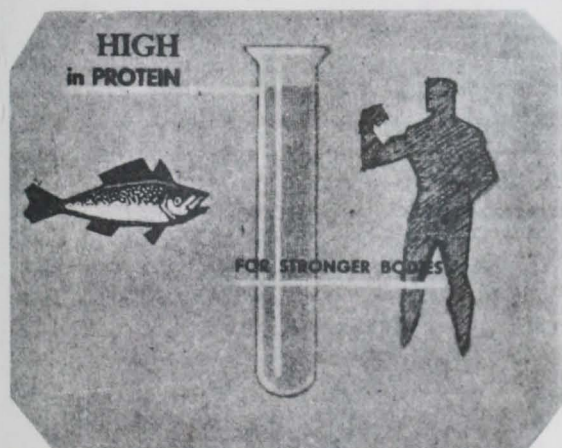
FISH NUTRITION

Here is a well rounded story on the nutritive qualities of fish.

The average American eats only about 10 pounds of fish a year, according to the U. S. Bureau of Commercial Fisheries. Japanese and the Scandinavians eat four times as much. Only about 50 percent of all the fish caught in the United States is used for food.

Nutritionally speaking, fish have much in their favor:

1. Most fish are 18-20 percent protein, about the same as meat and the protein is of a very high quality.
2. Most varieties are low in fat--less than 1 percent--thus being moderately low in calories. Fish such as cod, haddock, ocean perch, flounder, and sole supply only about 80 calories (1 gram of fat and 18 grams of protein) for every 3- to 3½-ounce serving.
3. The varieties with more fat in them have an important characteristic. Fish oil is a highly unsaturated oil and compares favorably with some vegetable oils in its ability, under certain conditions, to lower the level of cholesterol in the blood. Moderately fat fish (2-5 percent), such as trout, pickerel, catfish, bluefish, halibut, swordfish, supply about 125 calories per serving. The so-called high fat fish (8-15 percent) are still fairly modest in calories. Mackerel, salmon, sardines, pompano, herring, average from 180 to 200 calories for each serving. These "fat" fish also have a considerable amount of vitamin A.



4. Shellfish--oysters and clams in particular--are good sources of iron.
5. Fish with soft bones which you can eat such as sardines and canned salmon are high in calcium and fluorine, the tooth decay-preventing mineral nutrient.

In spite of all these attributes, as a nation, we aren't much interested in fish. The chief problems seem to be:

1. Many people think fish must be fresh to be enjoyed. Better freezing methods are making it possible for the Middle West in particular to have a steady supply of high-quality fish.
2. Fish has been designated in most minds as "Friday" food.
3. Unless fish is prepared with care and imagination, it can be pretty dull stuff. The flavor is monotonous. But fish prepared with a judicious use of herbs and a gentle touch is a real gourmet delight.

Fish makes nutritional sense. And economy is a factor; many types of fish will fit almost any budget.