

## ***Assessment article for Cert iV Professional Writing and editing about seafood for over 50's***

### **Seafood: Investing in a Healthy Future**

We've known for a long time that seafood is good for us. In recent years, the image of seafood being a large part of a healthy diet has extended to more specialised roles in disease prevention.

Professor Mark Wahlqvist, of Monash University and Deakin University, is regarded as one of the world's leading nutrition scientists. In his introduction to *What's So Healthy About Seafood?*, published by the Australian Government Fisheries Research and Development Corporation, Wahlqvist states: "Seafood is important in disease protection."

Almost daily we are bombarded with nutritional claims that later may be denounced or modified. More and more, however, the protective and health-giving effects of eating fish have been revealed. It is uncontested that seafood is low in calories and high in protein. In addition, studies point to the role seafood can play in protecting against various cancers, heart disease, mental health disease, high blood pressure, asthma, and Vitamin D and neural deficiencies.

Omega-3 fats are essential for good health, especially in assisting arthritic and nervous system conditions. They are found in fish, "oily" fish in particular (tuna, salmon, trout, sardines, anchovies).

The type of cholesterol found in crustaceans and shellfish is the "good" type – HDL. It is when fats that are high in the "bad cholesterol" (LDL) are added through sauces or cooking methods, that the healthy fish is overrun with unhealthy fats.

### **Our oceans, rivers and lakes are teeming with fish! Varieties and tastes are bountiful!**

The recommended intake of fish per week is 100-150g (about the size of your palm). From there, let your imagination do the walking!

Here are some tips to help you eat more fish without too much fuss:

- Steam, BBQ, pan fry, grill, bake (try using an olive oil spray; cook at a high temperature)
- There's not much more simple than placing your fish upon an extraordinary salad and simple dressing
- Reduce fats in sauces and cooking methods. Lemon and herbs add to the variety of flavours found in different fish.
- Sushi, sashimi and other Japanese style foods are a very healthy "fast food". You can even make these at home, following simple instructions.

- Recreational fishing can provide you with the freshest, tastiest fish!

For more detailed information about the health benefits of eating fish, and simple recipes, see:

[www.cancercouncil.com.au](http://www.cancercouncil.com.au)

<https://heartfoundation.org.au>

See your doctor if you require specific information about the benefits of eating seafood for your personal health

Suggested illustration: National Heart Foundation's *Deliciously Healthy Cookbook*, p 86: Crisp skin salmon fillets with bean puree and mango salsa.

Also found on website [www.kincare.com.au](http://www.kincare.com.au)

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# VOLUNTEERING: Older Australians Make a Difference

Volunteers are essential to our community. Many of the services and programs that enrich our community rely on the ongoing support of volunteers. National Volunteer Week (10 - 16 May) celebrates the role of volunteers and acknowledges the 5 million Australians who generously give their time to help others.

Older Australians make up almost a fifth of the volunteer workforce in Australia and contribute a significant portion of the 700 million hours of reported volunteering each year. They volunteer across a diverse range of activities, sharing their skills and life experiences in areas

such as education, community welfare, community sports, heritage and the arts.

Older volunteers are highly valued because of the unique qualities they offer to the community, such as:

- Maturity
- Skills
- Commitment and continuity
- Confidence and authority
- Ability to engage with younger and older people alike
- Availability.

## Help yourself while helping others

Volunteering benefits everyone involved. Volunteers have a

meaningful opportunity to participate and contribute to the community and many older volunteers often report experiencing the following benefits from volunteering:

- Higher levels of well-being
- Greater life satisfaction
- Increased social contact
- Better health.

To find out about how you can volunteer in your local community, contact:

**Volunteering Australia**  
[www.volunteeringaustralia.org](http://www.volunteeringaustralia.org)  
03 9820 4100



## Crisp Skin Salmon Fillets with Bean Puree and Mango Salsa (Serves 4)

**PREP TIME** 20 minutes  
**COOKING TIME** 10 minutes

### Mango salsa

Mango salsa

- 1 large mango, diced
- 2 small Lebanese cucumbers, diced
- 1 tablespoon baby capers, rinsed
- 1 small red chilli, seeded and finely chopped
- 2 spring onions, sliced
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- 1 tablespoon fresh coriander, chopped

### Beans and salmon

- 2 x 400g cannellini beans, rinsed and drained
- 200ml reduced salt chicken stock
- 1 bay leaf
- 2 cloves garlic, crushed
- 4 x 150g salmon fillets with skin
- 1 1/2 tablespoons peanut oil

## Instructions

1. To make the salsa gently toss all ingredients in a bowl.
2. Put the beans, stock, bay leaf and garlic in a pot and bring to the boil. Let simmer for 5min before removing bay leaf. Process mixture using a blender until smooth and creamy.
3. Lightly fry salmon fillets over a medium high heat for a few minutes on each side or until just cooked through.
4. Serve the salmon fillets leaning up against a mound of bean puree and topped with mango salsa.

This recipe can be found in the **Heart Foundation's Deliciously Healthy Cookbook**

To find out how you can win a free copy, see page 7.

To purchase your own copy, visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au) or call the Heart Foundation on 1300 36 27 87.