

Assessment article for Cert IV Professional Writing and editing about Seafood and men's health

Seafood: eat it!

We've known for a long time that seafood is good for us. However, apart from a fat-laden meal of traditionally deep-fried fish'n'chips (lemon as veg), fish can be perceived as fiddly and time-consuming to prepare. It doesn't have to be!

Why bother?

It is uncontested that seafood is low in calories and high in protein. In recent years, the idea of seafood being a large part of a healthy diet has extended to more specialised roles in disease prevention. Studies point to the role seafood can play in protecting against various cancers, heart disease, mental health disease, high blood pressure, asthma, Vitamin D and neural deficiencies.*

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

The type of cholesterol found in crustaceans and shellfish is the "good" type – HDL. When fats high in "bad cholesterol" (LDL) are added through rich sauces or cooking methods, the cholesterol balance is negatively skewed.

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

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

Simplicity

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

- Fresh fish is available at supermarkets, fish specialists and local fresh food markets.
- Cooking time is minimal – test for flaky flesh as a sign of readiness.
- Steam, BBQ, pan fry, bake, grill (try using an olive oil spray; cook at a high temperature to reduce fat absorption).
- There's not much more simple than cooking fish and laying it atop an extraordinary salad with low-fat dressing such as lemon and herbs.
- If cutting vegies at your low benchtop gives you backache, there are many pre-packaged salads available at the supermarket.
- Sushi, sashimi and other Japanese style foods are a great "fast food". You can even make these at home, following simple instructions.
- When eating out or taking away, choose the grilled option.
- Make seafood the meal of choice at that fancy restaurant on your next date.

Fish is like a flexible wardrobe. It can be like a white tee shirt: simple, crisp and stylish when mixed and matched with other food. Or it can be like a dinner suit: well dressed, elegant and resplendent for a big occasion!

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

www.cancercouncil.com.au

heartfoundation.org.au

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

* Optional breakout, or use title as reference

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 says: "Seafood is important in disease protection."

** Other optional breakouts

Illustration suggestion:

heartfoundation.org.au: BBQ Prawn Skewers with Corn Salsa

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