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The Benefits of Eating Fatty Fish

Overview
Omega-3 fatty acids are nutrients your body needs to be healthy. One way to get more omega-3s is by eating fatty fish. What are some fatty fish? Salmon, tuna, mackerel, sardines and anchovies are all common types. Let's learn how you can benefit by including them in your diet.

Heart and brain health
First, fatty fish support your heart and brain. Eating fatty fish lowers your risk for heart disease. It lowers your risk for high blood pressure. And the omega-3s in fatty fish may also lower your risk for Alzheimer's disease and dementia.

Eye health
Next, a diet that includes fatty fish is good for your eyes. Why? The omega-3s in these fish may help you avoid age-related macular degeneration. This common disease causes the central part of your vision to blur.

Joint health
Finally, we think fatty fish are good for your joints. Clinical trials show that the omega-3 fatty acids in these fish may lessen the symptoms of rheumatoid arthritis. We say "RA." You'll still need to continue your standard RA medications and treatments.

Conclusion
Including fatty fish in your diet is a simple way to support your health. Aim to eat at least two servings of fatty fish per week to get the benefits. For more info, talk to your doctor.