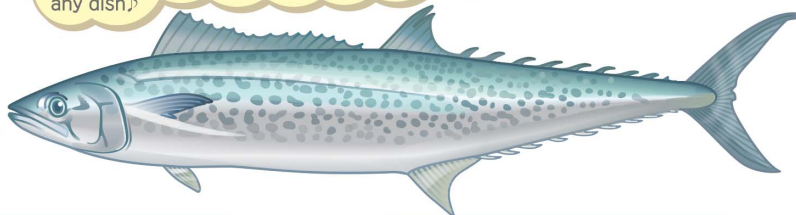


【Spanish mackerel】 Prevent arteriosclerosis with fish high in EPA



The origin of the Japanese word for “Spanish mackerel” is “narrow belly.” They are migratory fish in the mackerel family that used to be caught in western Japan where they migrate to spawn in the spring, but in recent years they can be caught all year round throughout the country. Light but sweet, these fish go well with any dish♪



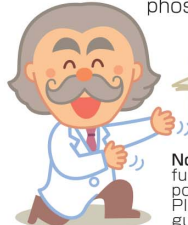
What is EPA?

(abbreviation for eicosapentaenoic acid)

An n-3 polyunsaturated fatty acid, it reduces LDL cholesterol and triglycerides in the blood, and prevents arteriosclerosis and thrombosis formation. It is abundant in fish, and increasing intake in your diet may prevent the onset of heart attacks and strokes.

Nutritional Content

- Protein, unsaturated fatty acids (EPA and DHA), vitamin D, vitamin B12, potassium, phosphorus, iron, etc.



As they contain a lot of potassium, which promotes the excretion of sodium, they may also reduce blood pressure by regulating excess salt intake.

Note: Those with impaired kidney function may need to restrict their potassium intake. Please check with your doctor for guidance.

Main reference websites: “Spanish mackerel,” Bouz-Konnyaku Market Fish and Shellfish Encyclopedia / “How to choose Spanish mackerel, and their nutrients,” Kurashiru / “Nutritional content of Spanish mackerel,” Calorie Slim / “Guidelines for Prevention of Atherosclerotic Diseases 2022,” by the Japan Arteriosclerosis Society

Recommended Dishes



Spanish mackerel and Japanese butterbur soup



Spanish mackerel meuniere

Enjoying them sautéed or as a carpaccio is a great way to get their EPA in an efficient way!



How to Choose (fillets)

- Fillets with a transparent white color that have vividly colored dark flesh are fresh.



Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click “English” at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

