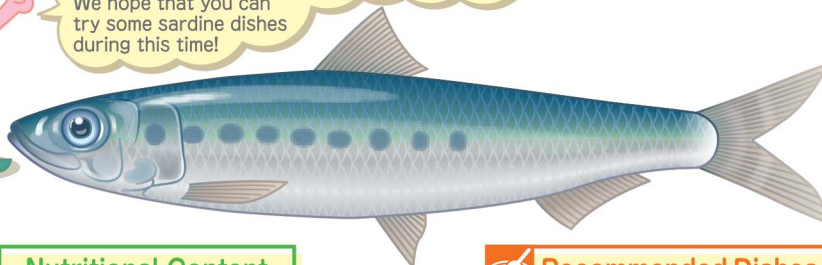


# 【Sardines】 Prevent arteriosclerosis with fish high in EPA



The sardines in June are also called “rainy season sardines” or “plum sardines,” and they are plump and fat before laying their eggs. Fatty sardines taste better than even high-end fish, and are considered to be the most delicious at this time of the year. We hope that you can try some sardine dishes during this time!



## 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 B12, vitamin D, vitamin B6, iron, phosphorus, etc.



One sardine (50 g) contains about three times as much vitamin B12 and vitamin D as the recommended daily intake for Japanese adults. Vitamin B12 is essential for blood formation and the maintenance of nerve functions. Vitamin D helps to absorb calcium and is essential for building strong bones and teeth.



## Recommended Dishes



Minced sardine ball soup



Simmered sardines with kimchi

Soups or boiled foods allow for EPA to be effectively taken in, since the fat flows out from cooking methods such as grilling and deep-frying.



## How to Choose

- Choose ones with black and clear eyes (They become redder as they lose their freshness)
- Choose ones with plump and firm flesh



Main reference websites: "Learn more about vitamins and minerals!," Taisho Kenkou Navi / "Look up the nutritional content," Glico Nutritional Content Navi / "How to ensure the intake of DHA, EPA, calcium, etc.," Food Recipes by Kumiko Yamadera / "Dietary Reference Intakes for Japanese (2020)," Ministry of Health, Labour and Welfare

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/>

