

【Cutlass fish】 Prevent arteriosclerosis with fish high in EPA



Cutlass fish (Largehead hairtail), called "tachiuo" (literally "sword fish") in Japanese, is said to be named after its beautiful skin that shines like a silver sword. You can find it in stores all year round, but it is especially delicious in the summer because it has plenty of fat!



How to Choose

- Choose ones with clear eyes
- Choose ones with skin that is shining silver

Nutritional Content

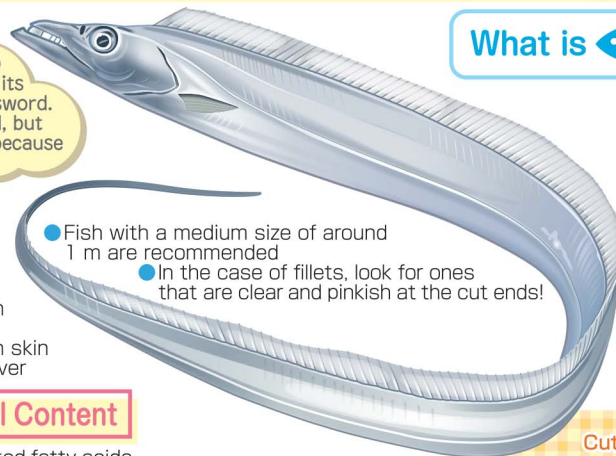
- Protein, unsaturated fatty acids (EPA and DHA), vitamin D, vitamin A, vitamin B6, vitamin E, etc.



The fish contains vitamin A, which helps maintain skin health, and vitamin E, which has antioxidant properties. Periods of intense sunlight can put a strain on your skin, so proactive intake is recommended.



You can cook the fish after washing it well with water, as it has no scales! The meat of the fish is tender even when cooked. It is easy to eat, as the fish has few small bones and the meat separates easily!



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.



Recommended Dishes

Cutlass fish meuniere



Cutlass fish with summer vegetables in starchy dashi broth sauce

Main reference websites: "When cutlass fish is in season and the best way to eat it! Tips for choosing and cooking," olive-hitomawashi / "Nutritional content of cutlass fish," Calorie Slism / "Guidelines for Prevention of Atherosclerotic Diseases 2022," Japan Arteriosclerosis Society Reference: "Nutrition Encyclopedia for Healthy Daily Living," NHK Publishing, Nov. 2022

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.
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