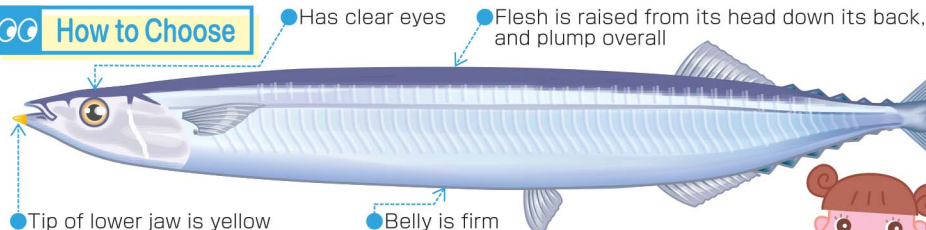


【Pacific Saury】 Prevent arteriosclerosis with fish high in EPA

How to Choose



Although this fish is a common sight on autumn dining tables, the catch has been declining in recent years, possibly due to changes in the marine environment in the oceans near Japan. Frozen Pacific saury is available year-round, but be sure to try fresh Pacific saury while it is in season!

Nutritional Content



- Vitamin B12, unsaturated fatty acids (EPA and DHA), vitamin D, niacin (vitamin B3), protein, vitamin B6, iron, etc.

This fish is particularly rich in high-quality unsaturated fatty acids such as EPA! Vitamin B12 helps prevent anemia and keeps nerve function normal, and is more effective when taken with foods rich in folic acid.

Eating it together with grated daikon radish and sudachi citrus is not only delicious, but also a highly recommended way to get vitamin C!



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



Main reference website: "How do you choose fresh Pacific saury? Nutritional value, how to distinguish, and storage methods explained," olive-hitomawashi

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.



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