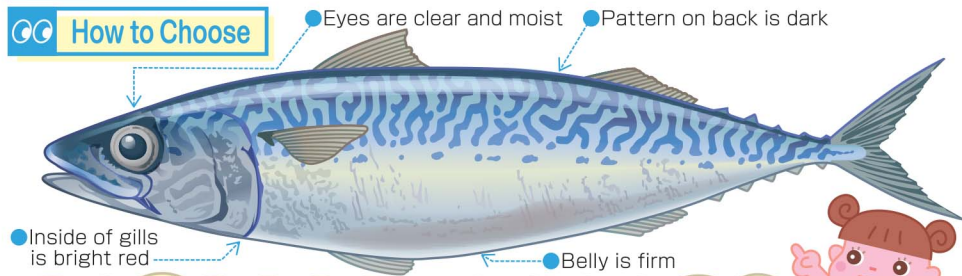


【Chub Mackerel】 Prevent arteriosclerosis with fish high in EPA

How to Choose



Chub mackerel are the fattiest from autumn to winter, so they are currently in season! Mackerel from brands such as “Sekisaba” caught in Saganoseki, Oita Prefecture, and “Kinkasaba” caught off the Sanriku coast are also popular!

Nutritional Content



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

As they contain niacin, which helps with digestion and absorption in the gastrointestinal tract and promotes healthy skin, they are perfect for this time of year when there are many events like year-end parties and concerns about dryness. However, be cautious of food poisoning caused by the anisakis parasite! The key is to choose the freshest ones and cook them thoroughly (70°C or higher or 60°C for 1 minute).

Main reference websites: “Chub Mackerel,” Minato’s Large Dictionary / “Differences and characteristics of chub mackerel, blue mackerel, and Norwegian mackerel,” FISHING JAPAN / “Prevent food poisoning caused by anisakis,” Ministry of Health, Labour and Welfare

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



Simmered mackerel with miso sauce



Salt-grilled mackerel



They're delicious both in a pan or over a fire! Enjoy their umami with a simple seasoning!

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/>

