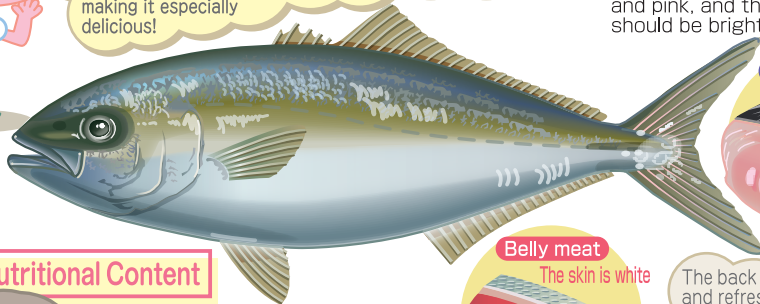


【Yellowtail】

Prevent arteriosclerosis with fish high in EPA



This name of this fish, generally called “buri” in Japanese,” changes as it matures. The regional differences may vary, but the name changes from “wakashi” to “inada” to “warasa”! “Kanburi” (winter yellowtail) caught from winter to spring, has a great texture and is rich in fat, making it especially delicious!



How to Choose

- The skin should be shiny
- The white meat should be shiny and pink, and the dark meat should be bright red

Back meat

The skin is black



Belly meat

The skin is white



The back meat has a light and refreshing taste, while the belly meat is fattier and more flavorful. The back meat is less prone to falling apart when simmered, so it is better to use it for simmered dishes. On the other hand, the belly meat is best enjoyed by salt-grilling it to savor its natural flavor. Varying the cooking method and personal preference is also a good way to enjoy the different parts of this fish!



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



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

It has vitamin D, which helps with the absorption of calcium, and protein, so you can have a strong and healthy body! Although vitamin D is produced in the body when exposed to sunlight, during the short daylight hours of winter, it is important to consciously consume it from foods like fish.

Reference websites: Yellowtail has plenty of nutrients that are beneficial to health! (macaroni) / Differences between mature yellowtail, young yellowtail, and kingfish (Ginza Watari) / What is the role of vitamin D? (Suntory Wellness Online)

Reference: “Nutrition Encyclopedia for Healthy Daily Living,” NHK Publishing, Nov. 2022

Recommended Dishes



Simmered Yellowtail with Daikon Radish



Salt-grilled Yellowtail

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/>

