

# Healthy Eating

## Eating Fish May Help Protect The Brain

(NAPS)—A new and large-scale study says that enjoying a diet that includes fish and other foods that are rich in omega-3 fatty acids can be a bright idea. That's because research indicates these fatty acids can help to protect the brain against the effects of aging.



**Studies show there may be a link between brain health, cardiovascular health and eating foods, such as brisling sardines, that are rich in omega-3 fatty acids.**

Dr. Zaldy Tan, a researcher at UCLA and the lead author of a study on the effects of omega-3s on cognitive functions, said that even after controlling for participants' age, gender, education, body mass index and smoking, "The relationship was still there."

Tan and others believe fish oil provides the greatest concentration of dietary omega-3 fatty acids. The types of fish that provide the highest concentration of the fatty acids are mackerel, lake trout, herring and sardines, such as the type sold under the King Oscar brand.

Dr. Brian Appleby of the Cleveland Clinic thinks the findings provide an important link between brain health and cardiovascular health.

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