

A Consumer's Guide for Wisconsin Farm-Raised Fish



Developed and compiled by:

Wisconsin Aquaculture Association

**UW Stevens Point – Northern Aquaculture Demonstration
Facility**

UW-Extension Aquaculture Outreach

And the

**Wisconsin Department of Agriculture, Trade and
Consumer Protection**

**Something Special
from
Wisconsin**

What are the Nutritional/Health Benefits of Eating Wisconsin Farm-Raised Fish?

- American Heart Association Recommendations
- 2004 FDA/EPA Consumer Advisory
- Nutritional Benefits
- Nutritional Data

Fish can be an important part of a balanced diet. Eating Wisconsin farm-raised fish provides high quality protein, omega-3 fatty acids and many of the minerals and vitamins beneficial to fueling a healthy body.

Nutritional/Health Benefits of Eating Wisconsin Farm-raised fish

Fish can be an important part of a balanced diet. Eating Wisconsin farm-raised fish provides high quality protein, omega-3 fatty acids and many of the minerals and vitamins beneficial to fueling a healthy body. Below, we summarize several dietary recommendations and highlight some of the benefits of including fish in a person's diet.

A. American Heart Association Recommendation ⁽¹⁾

The American Heart Association recommends eating fish (particularly fatty fish) at least two times (two servings) a week. Each serving is 3.5 ounce cooked, or about $\frac{3}{4}$ cup of flaked fish. Enjoy fish baked or grilled, not fried. Choose low-sodium, low-fat seasonings such as spices, herbs, lemon juice and other flavorings in cooking and at the table.

Fatty fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in two-kinds of omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which have demonstrated benefits at reducing heart disease.

B. 2004 FDA/EPA Consumer Advisory ⁽²⁾

1. Key Parts of the Advisory:

Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain high quality protein and other essential nutrients, are low in saturated fat and contain omega-3 fatty acids. A well balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. Thus, women and young children in particular should include fish or shellfish in their diets due to the many nutritional benefits.

2. General Dietary Advice:

FDA recommends that consumers eat a balanced diet, choosing a variety of foods including fruits and vegetables, foods that are low in trans fat and saturated fat, as well as foods rich in high fiber grains and nutrients. Fish and shellfish can be an important part of this diet.

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C. Nutritional Benefits:

1. Seafood is a good source of high-quality protein, is low in saturated fat, and is rich in many vitamins and minerals. ⁽³⁾
2. Besides containing protein and other nutrients such as vitamin D and selenium, fish (either finfish or shellfish) contain a specific type of fat, omega-3 fatty acids, that may reduce the risk of developing heart disease and other medical problems. ⁽⁴⁾
3. Omega-3 fatty acids are found in fish – especially oily fish such as salmon, sardines, and herring. These omega-3 fatty acids can help lower your blood pressure, lower your heart rate, and improve other cardiovascular risk factors. ⁽⁴⁾
4. Research has shown that omega-3 fatty acids decrease risk of arrhythmias (abnormal heartbeats), which can lead to sudden cardiac death. Omega-3 fatty acids also decrease triglyceride levels, slow the growth rate of atherosclerotic plaque and lower blood pressure (slightly). ⁽¹⁾
5. Eating fish reduces the risk of death from heart disease, the leading cause of death in both men and women. Fish intake has also been linked to a lower risk of stroke, depression, and mental decline with age. ⁽⁴⁾
6. For pregnant women, mothers who are breastfeeding, and women of childbearing age, fish intake is important because it supplies DHA, a specific omega-3 fatty acid that is beneficial for the brain development of infants. ⁽⁴⁾
7. Infants whose mother consumed EPA and DHA during pregnancy may gain benefits such as longer gestation and better vision and brain development. ⁽³⁾
8. Other benefits of seafood may include:
 - (a) relief of inflammation and symptoms caused by rheumatoid arthritis, ⁽⁵⁾
 - (b) relief of psoriasis and eczema symptoms, and ⁽⁵⁾
 - (c) reduction of symptoms from dry eye syndrome. ⁽⁵⁾

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Nutritional Data for Fish Commonly Eaten in Wisconsin

Serving size and nutritional information adjusted to 100g															
Species (cooked, dry heat)	Serving Size (g)	Calories		Total Fat		Saturated Fat		Mono-unsaturated fat	Poly-unsaturated Fat	Omega-3	Omega-6	Protein		Cholesterol	
			%DV	(g)	%DV	(g)	%DV	(g)	(g)	(mg)	(mg)	(g)	%DV	(mg)	%DV
Bass (Mixed species, freshwater)	100	146	8%	4.7	8%	1.0	5%	1.8	0.1	1013	112	24.2	48%	86.9	29%
Perch (Mixed Species)	100	117	7%	0.1	2%	0.2	2%	0.2	0.4	374	14	24.8	50%	115.0	39%
Pike (Northern)	100	113	6%	0.9	1%	0.1	1%	0.2	0.3	182	41	24.7	50%	50.0	17%
Salmon (Atlantic, farm-raised)	100	206	10%	12.4	19%	2.5	12%	4.4	4.4	2260	666	22.1	44%	62.9	21%
Sunfish (Pumpkinseed)	100	114	5%	0.8	3%	0.3	0%	0.3	0.3	194	19	24.9	49%	85.9	30%
Tilapia	100	128	7%	2.5	4%	1.1	4%	1.1	0.7	240	300	26.1	54%	57.1	18%
Trout (Mixed Species)	100	190	10%	8.5	13%	0.1	8%	4.2	1.9	1369	224	26.6	53%	74.0	24%
Trout (Rainbow, farm-raised)	100	169	8%	7.2	11%	2.1	10%	2.1	2.4	1235	949	24.2	48%	68.0	23%
Walleye Pike	100	119	6%	1.5	2%	0.3	2%	0.4	0.6	465	33	24.5	49%	109.7	36%

Source:

<http://nutritiondata.self.com> ⁽⁵⁾

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Resources

Wisconsin Aquaculture Association (WAA):
<http://www.wisconsinaquaculture.com/>

University of Wisconsin- Stevens Point – Northern Aquaculture Demonstration Facility (NADF):
<http://aquaculture.uwsp.edu>

The National Aquaculture Association (NAA)
<http://www.thenaa.net/>

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