Seafood is a great source of omega-3 fatty acids

Catch the benefits of fish

When it comes to safeguarding your heart health, fish is the "reel" deal. Rich in omega-3 fatty acids, fish can benefit the hearts of healthy people and those who are at risk for or who have cardiovascular disease.

The American Heart Association recommends eating fish (particularly fatty fish) at least two times a week. Fish is a good source of protein and doesn't have the high saturated fat found in fatty meat products. Examples of fish that are good sources for omega-3 fatty acids include:

- Mackerel
- Lake trout
- Herring
- Albacore tuna
- Sardines
- Salmon

Get hooked on all the Personal Health Manager resources available through Blue Access® for Members. You'll find heart-healthy nutrition tips in the *Eat Right* section and a sea of other helpful information for your healthy lifestyle.

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Source: American Heart Association

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