



#### 4. Lucky Star Pilchards are full of Omega-3 Fatty Acids

##### How much fat should you eat?

Food is composed of three basic nutrients: proteins, carbohydrates and fats. Most food is a mixture of these three. Nutritionists suggest a healthy diet should contain 10 to 15% protein, 55% carbohydrate and 35% fat. Fats and carbohydrates are your main source of energy and fats perform significant functions in storing energy and in insulating the body.

##### Heart Disease

Most of us eat too much fat and the wrong type of fat. Animal fat can increase our cholesterol levels making us prone to heart disease, whereas the fat content of all fatty, dark-fleshed fish, such as **Lucky Star Pilchards** contain Omega-3 fatty acids which actually help to lower cholesterol levels.

##### Examples:

For years researchers have known that Eskimos have a very low proneness to heart disease because of their high intake of Omega-3 fatty acids :- they eat almost solely fish and seal meat. Research done in the Netherlands has revealed that death from coronary heart disease is 50% lower amongst those who eat at least 30g of fish a day than among those who do not eat fish.

Heart disease kills roughly half a million Americans a year. This occurs in that population because of the high intake of animal fats and hydrogenated vegetable oils (margarine); cholesterol and saturated fat contribute to heart disease while Omega-3 fatty acids found in **Lucky Star Pilchards** actually reduce the risk of heart disease.

So all you need to do is to make sure you consume about 30g of Pilchards a day to be among that 50% group with lowered potential for heart disease.

Studies also indicate Omega-3 fatty acids also provide significant benefits for common problems such as arthritis and cancer. Scientists have found a correlation between the amount of fish a woman eats while she is pregnant and the size of her baby - she often adds 225g in weight to the child and 1 Omm in length. They theorize that Omega-3 helps the flow of nutrients to the foetus while also preventing premature labour.

A study at Surrey University has shown that mothers of dyslexic children had a low intake of Omega-3 fatty acids during their pregnancy.

It has also been shown that consumption of Omega-3 fatty acids found in fish like **Lucky Star Pilchards** can stabilize the moods of people suffering from depression, offering some short- term relief to them. Dr Andrew Stoll wrote in Archives of General Psychiatry that this study of the effect of Omega-3 acids on manic-depression "opens the door for more research on Omega-3 fatty acids' effect on a variety of other psychiatric disorders". Surely, there is enough evidence here to convince you to increase your consumption of **Lucky Star Pilchards**.

