

# Top Tips and Activities! Eating Oily Fish



The advantages of eating oily fish have been widely reported in the press recently with oily fish contributing to protection from heart disease and brain and eye development. A good source of vitamins A and D and omega 3 fatty acids, in particular DHA and EPA oily fish plays a vital part in a healthy diet.

However, most of us don't eat enough. The current recommendation from the Food Standards Agency is to eat at least one portion (140g) of oily fish each week, although according to the National Diet and Nutrition Survey, on average boys eat 14g of oily fish each week and girls 21g. As oily fish tends to have a strong smell and flavour, it can be hard to encourage children to eat it, below are some hints and tips which may help out...

- There are many different kinds of oily fish; some of the most common include anchovies, herring, mackerel, pilchards, salmon, sardines, trout, whitebait and fresh tuna (canned tuna is a good source of protein, however it is not classed as an oily fish as the oils are depleted in the canning process). Try to encourage children to eat a variety of these types of fish
- If your child doesn't like one kind of oily fish, don't assume they won't like any and try giving them another - remember it is estimated that it may take 10 – 15 tries of a food before it is accepted
- Try introducing fish such as salmon, trout and tuna first. They have a meaty texture and a less 'fishy' taste than other oily fish
- If your child dislikes the texture of the fish try cooking it in a different way such as steaming or grilling or try flaking the fish once cooked
- Ask children which fish they would like to taste and try to involve children in the cooking process, children are usually more likely to eat food they have helped to prepare
- Use oily fish to make homemade fish fingers or fish cakes. Try making them into the shapes of fish or other sea creatures
- Use a marinade such as honey, soy sauce or pesto to add some extra flavours to the fish
- Introduce the idea of oily fish gradually by serving a small portion with other familiar foods
- Try adding fish to your child's favourite meal. Try adding fish to a pasta dish, using as a topping on pizza, combining with mashed potato or serving with a cheese sauce
- Fish such as mackerel, sardines and pilchards often come canned in tomato sauce, try using them to make a toasted sandwich
- Try serving fish in a fun way. How about making some dippers, serving a fishcake in a bun like a burger or serving on a skewer as a kebab?
- Check out some of our Phunky Foods recipes for inspiration. Fish recipes include 'Fishy Business', 'Fish Fingers', 'Phunky Fish Pie', and 'Salmon and Potato Pie'