Fish Tales

Does the fear of contaminated seafood leave a bad taste in your mouth?

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Fish and shellfish are a champion catch because they're low in saturated fats but rich in heart-healthy omega-3 fatty acids and protein. But the news they contain some contaminants, like mercury and polychlorinated biphenyls (PCBs), may scare you out of the waters.

Here's the real deal. Findings show that the low levels of these common pollutants aren't dangerous. And according to the Environmental Protection Agency, only four types of fish are off limits—and only to pregnant women and children—because of high mercury levels: shark, swordfish, king mackerel and tilefish.

For a balanced diet that includes safe and delicious seafood for everyone, stock up on shrimp, salmon, canned light tuna and catfish.

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http://beta.docker.realhealthmag.com/article/Seafood-Safe-diet-22501-6779