

Heart disease and oily fish



How much do I need?

People with heart disease should have 2 or 3 servings of oily fish each week.

To prevent heart disease, remember to have at least 1 serving of oily fish and 1 serving of white fish each week.

What is a serving?



a serving is 100g of fish.

It could be fresh, tinned or smoked fish.

Fish oil supplements

0.5g -1g omega-3 can be taken daily if fish is not eaten

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