

Most people know that fish is good for you, but what about other seafood? As it turns out, scallops, in addition to their delectable taste, contain a variety of nutrients that can promote your cardiovascular health, plus multiple other health benefits.

Scallops are a very good source of omega-3 fatty acids, B12, magnesium and potassium. Omega-3 fats keep your blood flowing smoothly by preventing the formation of blood clots. Magnesium helps out by causing blood vessels to relax, thus helping to lower blood pressure while improving blood flow. Potassium helps to maintain normal blood pressure levels.

## Nutrition Facts

### Alaska Weathervane Scallops

Serving Size 3.5 ozs (100g)

Number of servings: About 5 scallops

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Amount Per Serving

**Calories** 87

Calories from Fat 7

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% Daily Value\*

<b>Total Fat</b> 0.8g	8%
Saturated Fat 0.1g	0%
Trans Fat 0g	
<b>Cholesterol</b> 36mg	4%
<b>Sodium</b> 87mg	7%
<b>Total Carbohydrate</b> 0g	
Dietary Fiber 0g	
Sugars 0g	
<b>Protein</b> 16.2g	

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Omega-3 fats 0.122g

Other: Calcium 24mg Selenium 22mcg

Potassium 322mcg

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Help Prevent and Control High Blood Pressure

Individuals whose diets provide greater amounts of omega-3 fatty polyunsaturated fatty acids- and scallops are a good source of these essential fats-have lower blood pressure than those who consume less, shows data gathered in the International Study of Macro- and Micro-nutrients and Blood Pressure (INTERMAP) study (Ueshima H, Stamler J, et al. Hypertension).

### Protection against Stroke

Eating fish, such as scallops, as little as 1 to 3 times per month may protect against ischemic stroke (a stroke caused by lack of blood supply to the brain, for example, as a result of a blood clot), suggests a meta-analysis of 8 studies published in the July 2004 issue of *Stroke*

### **Protection against Alzheimer's and Age-related Cognitive Decline**

Can eating fish high in the omega-3 fatty acids, DHA(docosahexaenoic acid) and EPA (eicosapentaenoic acid), help lessen the cognitive decline and Alzheimer's disease growing in our aging population? A number of studies indicate the answer to this question is a resounding "Yes."

A report from the Framingham Heart Study published in the *Archives of Neurology* showed that persons whose blood levels of DHA placed them in the top quartile of values had a significantly (47%) lower risk of developing all-cause dementia than did those in the bottom quartile. Plus, greater protection against cognitive decline was obtained from consuming 2.9 than 1.3 fish meals per week. (Schaefer EJ, Bongard V, et al.).

Now, two additional positive studies have been published in the *American Journal of Clinical Nutrition*:

In the Zutphen Elderly Study, which involved 210 men aged 70-89 years (van Gelder BM, Tijhuis M, et al.), a linear relation was found between the estimated intake of DHA and EPA and prevention of cognitive decline.

In the Minneapolis study (Beydoun MA, Kaufman JS et al.) of 2251 men and women, risk of cognitive decline increased as levels of omega-6 (arachidonic acid) increased in subjects' cholesterol and other blood lipids, but decreased as the concentration of omega-3 fat (linoleic acid) increased in their blood fats.

Among subjects with high blood pressure and high cholesterol, cognitive decline was clearly associated with lower blood levels of omega-3 fats (DHA+EPA).

In all of these studies, fish consumption and the resulting increase in blood levels of omega-3 fatty acids significantly lessened mental decline over time.

Frank LaFerla, co-author of research published in the *Journal of Neuroscience* showing that DHA helps prevent the formation of neurofibrillary tangles and decreases beta amyloid formation, commented: "We are greatly excited by these results, which show us that simple changes in diet can positively alter the way the brain works and lead to protection from Alzheimer's disease pathology." Practical Tip: To keep your cognitive edge, cut back on sources of omega-6 fats, such as beef, and corn, palm, peanut, safflower and sunflower oils, and enjoy omega-3-rich cold water fish, such as scallops, at least 3 times each week

### **Omega-3-Rich Diet Improves Mood, Reduces Depression**

When researchers from Ohio State University evaluated blood samples taken from 43 older adults (average age 67), they found that study participants with high ratios of omega-6 to omega-

3 not only had higher levels of various compounds involved in inflammation, but were more likely to suffer from depression.