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Sardines are small fishes that live in the salt waters and have soft bones that are edible. This species has been named after the Mediterranean island of Sardinia where they were caught for the first time. They are harvested near the waterâ€™s surface with nets. They can be purchased fresh especially during the summers or in canned containers all throughout the year. Sardines are considered to be a rich source of nutrition that has a good amount of rate body minerals and acids that are of great use to the human body.

Coming to the benefits of consuming them, the first benefit lies in the fact that being fatty fish, they contain real high levels of Omega-3 fatty acids that helps in combating several cardiovascular diseases. Along with this, they help in reducing blood clot levels which in turn improves the blood flow significantly.

Another major benefit is their environmental sustainability. A sardine has an average lifetime of around six years and this prevents them from consuming toxic elements such as mercury that is a general problem with the older species that lives longer. Overfishing has led to the depletion of population of many fish species, but in case of sardines, more and more fishes join the population in a relatively shorter span of time therefore maintaining a proper balance.

In addition to this, they contain rich sources of vitamin D which is hard to find in most other sources of food. Breastfeeding women, specially benefit a lot from consuming sardines which helps in meeting the vitamin D requirements of the infants. Even the adults are suggested to include them in their meals.

Finally, despite so many advantages, their cost is significantly lower compare to most other classes of fishes, many of which might not be of that high use.

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Julia Roger - About Author:
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