# Health Benefits Seafood can Have by James Blee

Article published on January 18th 2012 | Food

Though seafood is a lot more expensive, especially the caviars and lobsters, yet most people love to get a taste of them. The reason that primarily makes them highly expensive is the imbalance between the supply and the demand. While the demand is always on the high, the supply is significantly lower leading to a scarcity of resources thereby causing a rise in prize. For example, the lobsters are generally caught in specialized pots, a very few of which are harvested at a time. Therefore, it is difficult to get and takes time to harvest, which results in inclusion of additional labor charges..

The other common seafood species that most people love to eat include whitefish, shellfish, salmon, crabs, prawns and others. Their prizes are on the reasonable side thereby making it affordable for many. These are not only delicious and enjoyable but at the same time, they are highly nutritious. Doctors regard them to be a great alternative source of rich protein that is really good for the body.

One of the rate body nutrients, the omega-3 fatty acids are abundantly found in seafood. Therefore, nutritionists recommends including seafood for all irrespective of age for well being. Apart from this, the high percentage of minerals and body nutrients is also considered to be highly beneficial to the body and combats health diseases associated with the heart and brain. It has been found that consuming such dishes helps to control cholesterol and excess fat deposition that serves to the primary causes of heart diseases.

Along with so many other benefits, some varieties of seafood, especially the Alaska species are a great alternative to different forms of meat including pork, chicken and beef. At the same time, these low calorie and low fat food  which makes them salubrious.

Article Source:
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Article Keywords:
Seafood, Fresh Seafood

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