Article published on January 27th 2012 | Food

Sardines are a particular type of small fish which are rich in nutrients and extremely beneficial for consumption. They are named after Sardinia, the Mediterranean island where they are found in large numbers. They are available in the market and it is always advisable to buy sardines that are canned as they are cleaned and processed. These canned fished are ready to eat material; they are washed, heads removed, properly cooked and packed olive oil or mustard sauce or something of the sort.

Doctors insist upon consuming sardines due to its numerous health benefits. Some of them are:

â€¢ These fishes are rich in omega 3 fatty acids, which prevents and reduces cardiovascular diseases and even cancer, precisely breast cancer, colon cancer and kidney cancer..

â€¢ Sardines are a rich source of calcium, vitamins and proteins. Consumption of sardines can cure arthritis and joint pain as they have anti-inflammatory effects. They can even alleviate asthma and allergies to a large extent.

â€¢ The omega 3 fatty acid content of sardines helps to increase the good cholesterol in the body and lowers the low-density lipoproteins. They can thus, prevent strokes, blood clots and heart attacks.

â€¢ They vitamin B12 content of sardines keep the brain and the central nervous system healthy.

Thus, a daily diet comprising of Sardines can really keep the doctor away. Their rich calcium content keeps the bones strong and healthy and can effectively fight osteoporosis. They even have phosphorous, which is essential for the absorption of calcium. Moreover, as these fishes are low in the food chain, the contaminant (for instance, mercury) content in them is very low as compared to other fishes.

So, to maintain a long and healthy life there are sufficient reasons for choosing sardines as an option for diet.

Article Source:
http://www.articleside.com/food-articles/reasons-for-you-to-choose-sardines.htm - Article Side

Julia Roger - About Author:
For more information on a sardines, check out the info available online; these will help you learn to find the a buy sardines!

Article Keywords:
Sardines, Buy sardines

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!