Nourishing, Healthful

Fish contain relatively high percentages of complete proteins, and proteins, of course, make up the most important single food constituent. That is what makes them nourishing. In protein percentage, indeed, Fish are definitely superior to some other well known foods which are generally regarded as especially nourishing. Like meats, Fish also contain fats, energy foods, but fish fats are quicker sources of energy for the body than many others.

Fish take on particular value as builders of health because of their mineral and vitamin content, especially vitamin D. All humans require vitamins if their bodies are to be sound and strong but children, especially, have need of them. Vitamin A, which promotes growth and enables the body to resist disease, is present in Fish. Vitamin A is present in other foods, as well, but, on the other hand, vitamin D, which is vital to proper bone formation in children and prevents such ills as rickets, has been found much more abundant in Fish than in any other food. Other vitamins, too, are present in different kinds of Fish.

Generally speaking, Fish are rich in mineral salts essential to human health and strength. For example, Fish supply calcium (lime) and phosphorus, which are required for the building of sound bones and teeth. For another example, copper is apparently present in all Fish, especially in Shellfish, and this copper content makes Fish Foods particularly valuable in the diet of persons disposed to anaemia since it makes it possible for the body to utilize iron in blood building. Other examples of mineral content might be cited for Fish spend their lives in an element into which mineral salts of all kinds are seeping all the time from the surrounding land. Suffice it to say further, however, that sea Fish are the richest known food source of iodine, the great preventative of such a disease as goitre.

Delicious, Economical

Canadian Fish are delicious and healthful but they are also economical food, having regard to their nutritive