



## Detailed Note on Health Benefits of Salmon Fish

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### DESCRIPTION

Salmon is a common name for salmonid fish. Other fish in the same family are trout, char and whitefish. Salmon grow naturally in tributaries of the North Atlantic and Pacific Oceans. Salmon are usually said to be *drowning*. When hatched in freshwater, they move to the sea and then return to freshwater for breeding. Another form of salmon production that looks safer but more difficult to control is that it must be kept in a hatchery until it is old enough to be independent. They are released into the river to increase the salmon population. This process is called a *ranch*. Salmon fish are large silver fish that live in both freshwater and seawater and can be eaten as food. The salmon has eight fins, including the tail. Some of the fins are paired on both sides of the body. The pectoral fin is placed under the shoulder and the pectoral or pelvic fin is placed in the abdomen away from the head. They breathe through the gills and have strong muscles. There, Atlantic salmon are known for their speed and power. They have a float that helps maintain buoyancy. Salmon is a commonly edible fish that is praised for its high protein content and omega-3 fatty acids. Salmon is a popular food. Fish classified as oily fish are considered healthy because of their high protein content, high omega 3 fatty acid content, and high vitamin D content. Another popular cooking method is smoked salmon. This is either hot smoke or cold smoke.

Increasing the intake of oily fish such as salmon reduces the risk of developing certain illnesses such as obesity, heart disease and diabetes. It raises the level of good cholesterol in the body. It can also be consumed as an alternative to protein sources such as

chicken and beef. Some people use salmon to maintain their diet to maintain their normal BMI range. Recent studies investigating omega 3 fatty acids and cardiovascular disease suggest that eating salmon improves heart health. Omega 3 rich salmon should be included in the diet twice a week for heart health. Studies show that selenium is required for the healthy functioning of the thyroid gland. People with thyroid disease are deficient in selenium, and meta-analyses have shown that selenium intake raises thyroid levels and works well. Salmon is considered a nutritional powerhouse that offers several health benefits. Taking two servings a week can meet the needs of essential nutrients that help reduce the risk of some illnesses. Not only is it healthy, it's also very delicious. Including fish in our diet helps improve quality of life. Eat a healthy diet and eat properly to avoid the risk of illness.

During pregnancy, women are advised to eat no more than 2 servings of fish per week. Cultured salmon are high in saturated fat and calories and grow in an unnatural environment. Salmon is often referred to as *brain food*. It improves cognitive ability, provides good sleep, improves memory, and reduces the risk of Parkinson's disease and Alzheimer's disease in later years. The amino acids vitamins A, D and selenium in salmon help reduce inflammation, slow down nerve cell aging and prevent nerve damage. It relaxes the nerves of the brain, raises the mood, and acts as an antidepressant. Neuroprotectin D1 is a special compound that is said to reduce inflammation of brain tissue and improve cognitive function.

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