

# THE ULTIMATE HEALTH FOODS



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# CONTENTS

Introduction . . . . .	v
ONE The Perfect Gift . . . . .	1
TWO Six Dangerous Side Effects . . . . .	9
THREE Resurrection Food. . . . .	21
FOUR Another Vegan Nightmare . . . . .	31
FIVE Food of the Highest Order . . . . .	43
SIX The Vilification of Salt . . . . .	49
SEVEN Good Gifts . . . . .	57
EIGHT Life's Staple Diet . . . . .	67
NINE Unsatisfied Appetite . . . . .	75
TEN Sticking to Chicken. . . . .	87
ELEVEN After Breakfast . . . . .	101
TWELVE Divine Dining . . . . .	113
THIRTEEN Boosting Your Immune System . . . . .	123
FOURTEEN You're Invited to Dinner. . . . .	137
Notes . . . . .	151
Resources. . . . .	154

# INTRODUCTION

The first time I visited Israel, I remember our tour guide telling us that the place we were about to visit was either a “traditional” site or an “authentic” one. Traditional meant the Jesus *may* have been there. Authentic meant that He was there for certain. For me, the difference was night and day. I was thoroughly bored with traditional sites, but *loved* standing on the shore of the Sea of Galilee and watching the sunrise, or walking through the ancient gates of Jerusalem, seeing the sites described in the Bible come to life. Years later, I still have a deep sense of joy and satisfaction that I walked in the places Jesus walked, and stood where He stood.

What I discovered in the Bible about these foods has added that same sense of joy and satisfaction to my daily meals. I *love* knowing that I’m eating what Jesus ate or recommended. And I love knowing that despite many of these foods being vilified in the past, it has come to light in recent years that every one of them is beneficial to our health. The experts had to eat their words.

I hope that you will read this publication with the same sense of discovery and excitement in

which I wrote it. But keep in mind that this isn't just a book about physical food. Man doesn't live by bread alone (see Matthew 4:4). My hope is that this publication gives you food for thought about the nourishment that really matters:

“Do not labor for the food which perishes,  
but for the food which endures to everlasting  
life...” (John 6:27)

Best wishes,  
Ray Comfort

## CHAPTER ONE

# THE PERFECT GIFT



One of the most famous verses in the Bible predicts the virgin birth of Jesus, the promised Messiah, but the verse following it isn't so well-known:

“Therefore the Lord himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel. Butter and honey shall he eat, that he may know to refuse the evil, and choose the good.” (Isaiah 7:14,15, KJV)

According to this prophecy, written 800 years BC (Before Christ), Jesus would eat honey. Jesus was also given honey to eat when He appeared to His disciples after His resurrection and asked them if they had any food:

So they gave Him a piece of a broiled fish and some honeycomb. And He took it and ate in their presence. (Luke 24:42,43)

John the Baptist, the forerunner of Jesus, also ate “locusts and wild honey” (Matthew 3:4)—perhaps the honey helped to counter the taste of the crunchy insects. The Scriptures tell us that the wisest of men, King Solomon, recommended the consumption of honey to his son: “My son, eat honey because it is good, and the honeycomb which is sweet to your taste” (Proverbs 24:13).

Gratifying to the tastebuds, honey is a perfect gift to give when we want to express appreciation. Jacob told his sons to take honey with them to gain favor with a highly influential man in Egypt:

“Take some of the best fruits of the land in your vessels and carry down a present for the man—a little balm and a little honey, spices and myrrh, pistachio nuts and almonds.” (Genesis 43:11)

When a queen visited the prophet Ahijah at Shiloh, she was instructed to take a jar of honey in order to gain his approval (1 Kings 14:3). Honey was also included in the gifts given to King David’s army. At a time when they were hungry and weary in the wilderness, they received “wheat, barley and flour, parched grain and beans, lentils and parched seeds, honey and curds, sheep and cheese” to eat (2 Samuel 17:27–29).

Honey doesn't just leave a good taste in the mouth of those we wish to please, it is unique in that it's the only gift of food that doesn't spoil. Meat rots, bread gets moldy, fruits decompose, nuts grow stale, but honey doesn't go bad:

Natural, properly preserved honey will not expire. In fact, archeologists found honey thousands of years old in ancient Egyptian tombs, and it was still good!<sup>1</sup>

The book of Proverbs even equates honey with healthy bones:

Pleasant words are like a honeycomb, sweetness to the soul and health to the bones. (Proverbs 16:24)

*Easton's Bible Dictionary* says of honey:

Canaan was a "land flowing with milk and honey" (Exodus 3:8). Milk and honey were among the chief dainties in the earlier ages, as they are now among the Bedawin; and butter and honey are also mentioned among articles of food (Isaiah 7:15). The ancients used honey instead of sugar (Psalms 119:103; Proverbs 24:13); but when taken in great quantities it caused nausea, a fact referred to in Proverbs 25:16, 17 to inculcate moderation in pleasures.<sup>2</sup>

The metaphor of a "land flowing with milk and honey" is used over twenty times in the Bible to





describe abundance. The book of Job uses a similar phrase, describing rivers “flowing with honey and cream” (Job 20:17).

In the book of Ezekiel, the Scriptures liken the Word of God to the sweetness of honey:

And He said to me, “Son of man, feed your belly, and fill your stomach with this scroll that I give you.” So I ate, and it was in my mouth like honey in sweetness. (Ezekiel 3:3)

### **Health Benefits of Raw Honey**

- Dioscorides, an ancient Greek physician, wrote about honey’s healing properties. He recognized that it can heal burns and spots on the face, as well as inflammation in the throat and tonsils. Honey has proven to be a more effective cough treatment than some cough medications.
- It’s also a great source of energy with only 17 grams of carbohydrates in one teaspoon. It acts as an energy booster since its glucose and fructose enter directly into the bloodstream. Additionally, honey aids athletic performance because it maintains blood sugar levels that help muscle recuperation after workouts.
- Honey is a great allergy reliever. Small amounts of pollen, which is used to produce it, trigger the immune system to produce antibodies to pollen, decreasing allergic reactions.

- Honey is a great natural antiseptic, because it slowly releases hydrogen peroxide, an antibacterial, antimicrobial, and antiseptic compound that can kill germs, disinfect a wound, and heal broken skin. Honey applied to a wound keeps it moist and acts as a protective barrier against infection, making it very effective in treating cuts, burns, bug bites, yeast infections, eczema, acne, dandruff, and fungal infections.
- It helps to eliminate free radicals and toxins from the body, boosting the immune system. Free radicals are molecules that the body produces when it breaks down food or encounters pollutants. These can damage the body's cells and contribute to disease.
- It can help with weight management and loss when consumed in moderation with lemon and/or cinnamon because it contributes to the digestion of stored fat in the body. Honey's glycemic index (a measure that determines how fast food raises sugar levels) is 54–59, whereas other sugar forms can reach as high as 105.
- Honey is full of antioxidants, including organic acids and phenolic compounds, which help to stabilize free radicals.
- Honey helped lower LDL (bad cholesterol) and raised HDL (good cholesterol) during an eight-week clinical trial on diabetic patients. Furthermore, a 2013 study showed that consum-

ing honey daily for twelve weeks improved the metabolism in type 1 diabetes patients.

- It promotes heart health because of its positive effects in lowering blood pressure, cholesterol, and triglyceride levels.
- It releases serotonin in the body, which is a neurotransmitter that improves mood and happiness. The body then converts the serotonin into melatonin, known as the sleep hormone, that regulates the sleep-wake cycle, controlling the length and quality of sleep.
- Honey, particularly tualang honey, proved in a 2015 review of studies that it improves learning and memory processes. It enhances brain areas related to memory, decreases oxidative stress in the brain, and increases brain growth factors.
- It has also proven to be helpful to boost the short-term memory of post-menopausal women. A 2011 study showed that after four months of daily taking 20 grams of honey, these women had better short-term memory than those who took hormone pills to fight a hormone-related intellectual decline.
- The Mayo Clinic affirms, “Studies suggest that honey might offer antidepressant, anticonvulsant and anti-anxiety benefits. In some studies,

honey has been shown to help prevent memory disorders.”

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**TASTEFUL QUOTE**

*“If you want to gather honey, don’t kick over the beehive.”* —Dale Carnegie

## CHAPTER TWO

# SIX DANGEROUS SIDE EFFECTS



As we have seen in the previous chapter, the Bible tells us that Jesus ate butter along with honey:

“Butter and honey shall he eat, that he may know to refuse the evil, and choose the good.” (Isaiah 7:15)

But how could Jesus have eaten something that experts have found to be a major cause of heart disease? Surely as God in human form (see 1 Timothy 3:13), Jesus knew that butter is damaging to human health. An article titled “6 Dangerous Side Effects of Eating Too Much Butter, According to Experts” warns:

“Butter is high in saturated fat. A tablespoon has about seven grams, which is about one-third of your daily recommended allowance,” explains Leann Poston MD, MBA, MEd.



“Eating a diet high in saturated fats increases your LDL (‘bad’) and HDL cholesterol. Increased LDL cholesterol can contribute to atherosclerosis and atherosclerosis can increase your risk for blood clots, strokes, and heart attacks.”<sup>3</sup>

However, in another article titled “Is Butter a Healthy Fat?” *Scientific American* has some good news for butter lovers:

Johanna writes: “I was recently surprised to hear a nutritionist encourage people to use butter, calling it a healthy fat. I’ve always avoided butter because of the saturated fat. Yet, a quick online search shows multiple articles saying butter is making a comeback as a healthy fat. Can this be true?”

It’s true that butter contains saturated fat. It’s also true that saturated fat’s reputation as an artery clogger has been undergoing some rehabilitation in recent years. Diets that are high in saturated fat can raise your cholesterol levels. But...the links between saturated fat, cholesterol, and heart disease are a lot more complex than we once thought. In fact, having some saturated fat in your diet may actually be good for your heart and other organs.<sup>4</sup>

The *Harvard Public Health Magazine* reported similar good news. Based on findings in the *Annals of Internal Medicine*, “eating less saturated fat, the

dietary demon that makes buttery croissants so irresistible, doesn't actually lower a person's risk for heart disease." The Harvard article continues:

The finding was reported widely in the media, hitting all the cultural hot buttons: food and fat, death and disease, bacon and Brie. As Mark Bittman's column in *The New York Times* rhapsodized: "Butter is Back. Julia Child, goddess of fat, is beaming somewhere."<sup>5</sup>

### **I Can't Believe It's Not Better**

When butter got a bad battering, the good news about a lookalike called "margarine" spread like wildfire. But hold your horses. The lookalike may be an imposter. Check this heart-stopping information:

Don't let that heart-healthy checkmark on the packaging fool you—not only is margarine no better for you than butter, it may actually be increasing your risk of cardiovascular disease.<sup>6</sup>

The truth is, there never was any good evidence that using margarine instead of butter cut the chances of having a heart attack or developing heart disease. Making the switch was a well-intentioned guess, given that margarine had less saturated fat than butter, but it overlooked the dangers of trans fats.<sup>7</sup>



Butter was labeled a bad food choice in the past because of its high saturated fat content. Various health experts started promoting margarine instead. Back in the day, margarine used to be high in trans fats. These days, it has fewer trans fats than before, but it's still loaded with refined vegetable oils.

Not surprisingly, the Framingham Heart Study showed that people who replace butter with margarine are actually more likely to die from heart disease.<sup>8</sup>

### **Health Benefits of Butter**

Authors Sally Fallon and Mary G. Enig, PhD, explain the benefits of this creamy spread in “Why Butter Is Better”:

Heart disease was rare in America at the turn of the century. Between 1920 and 1960, the incidence of heart disease rose precipitously to become America's number one killer. During the same period butter consumption plummeted from eighteen pounds per person per year to four. It doesn't take a Ph.D. in statistics to conclude that butter is not a cause. Actually butter contains many nutrients that protect us from heart disease. First among these is vitamin A which is needed for the health of the thyroid and adrenal glands, both of which play a role in maintaining the proper functioning of the heart and cardiovascular system. Abnormalities of

the heart and larger blood vessels occur in babies born to vitamin A deficient mothers. Butter is America's best and most easily absorbed source of vitamin A.

Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol and other fat constituents.

Butter also contains a number of anti-oxidants that protect against the kind of free radical damage that weakens the arteries. Vitamin A and vitamin E found in butter both play a strong anti-oxidant role. Butter is a very rich source of selenium, a vital anti-oxidant—containing more per gram than herring or wheat germ.

Butter is also a good dietary source [of] cholesterol. What?? Cholesterol an anti-oxidant?? Yes indeed, cholesterol is a potent anti-oxidant that is flooded into the blood when we take in too many harmful free-radicals—usually from damaged and rancid fats in margarine and highly processed vegetable oils. A Medical Research Council survey showed that men eating butter ran half the risk of developing heart disease as those using margarine.<sup>9</sup>

Butter has other health benefits as well:

- It can help lower your chances of cancer. Butter is high in beta-carotene, a compound that your body converts into vitamin A. Beta-carotene is

what gives butter its yellow color and has been linked to lowered risks of lung cancer and prostate cancer.

- It is an excellent source of nutrients such as fat, vitamin A, vitamin E, vitamin B-12, vitamin K, vitamin B2, phosphorus, and calcium.
- Butter is a powerful antioxidant because of its high levels of carotene. About 60% of carotene intake is transformed into disease-fighting compounds, providing a boost to the immune system. Carotene is also transformed in vitamin A which is fat-soluble, helping the parts of the body with membranes such as the eyes, skin, mouth, and the urinary and digestive tracts. Vitamin A promotes cell growth and reparation, and encourages the production of lymphocytes—the defensive cells that fight against viruses and autoimmune diseases.
- The high levels of vitamin A and carotene have been proven to work as anti-cancer agents. They work together against cancerous growth and promote spontaneous cell death (apoptosis) in tumors. The coagulated linoleic acid (CLA) is found in significant levels in butter, reducing the chances of getting cancer.
- Butter's good amount of beta carotene helps to protect the eyes, slow the development of cataracts, reduce the risk of macular degeneration,

and decrease other eye conditions as well as angina pectoris.

- It contains high levels of glycosphingolipids that protect the intestines and increase the defenses in the stomach.
- Butter and other high-fat dairy products cannot be linked with cardiovascular diseases. In fact, research has shown that high-fat dairy products can be beneficial for cardiovascular health. The National Library of Medicine states, “Despite the contribution of dairy products to the saturated fatty acid composition of the diet, and given the diversity of dairy foods of widely differing composition, there is no clear evidence that dairy food consumption is consistently associated with a higher risk of CVD.”
- Butter’s vitamin A is essential in the development and growth of children. A lack of vitamin A during gestation can lead to narrow faces and skeletal structure, crowded teeth, and small palates.
- Butter has more vitamin A than any other type of vitamin, which is important for a healthy thyroid. Hypothyroidism and other thyroid diseases are linked to a lack of vitamin A, causing an imbalance in the rest of the endocrine system.

- Butter's high cholesterol helps the brain and nervous system to develop properly, especially in growing children. The brain produces its own cholesterol but also pulls it from the blood's plasma which comes from the diet.
- Butter and cream carry a unique hormone-like substance called Wulzen Factor, which helps to prevent the calcification of the joints that leads to arthritis. It also protects from hardened arteries and the calcification of the pineal gland. However, the pasteurization of milk, cream, and butter removes the Wulzen Factor. It is interesting that baby calves that are given a substitute without the Wulzen Factor do not survive.
- It is rich in essential minerals, like manganese, zinc, copper, and selenium. These elements are very important to the bones' health, supporting bone repair and growth. Arthritis and osteoporosis can be prevented with a healthy butter intake.

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## How Butter Is Made

Most of the butter we eat is made from cow's milk, and occasionally goat's milk, but that's not the case throughout the world. In other countries butter can also be made from the milk of sheep, camels, reindeer, water buffalo, llamas, yaks, and even horses.

Many of us as children gave butter making a try in a school class, learning about how the pioneers lived. Churning cream or whole milk in a wooden butter churn is a good way to develop patience, and muscles.

According to Britannica.com,

Butter making was developed centuries ago. Ancient Sanskrit writings and the oldest books of the Bible mention the use of butter. Butter once was used as a cosmetic and tonic for the hair and skin. The Greeks and Romans used it as a medicine.

Primitive churns were made of hollow logs or leather bags that were swung from trees to create churning action. Butter was also made by beating milk in a bowl. Later churns were made of jars with wooden dashers.

In the United States butter making was primarily a household activity until the late 1800s. After the development of cream separators, creameries began to appear. Creameries performed the butter-making labor on the farm and stimulated greater demand for butter in the cities. With modern production

methods and transportation, butter can be shipped thousands of miles and can be stored for months without losing its flavor and quality.<sup>10</sup>

#### TASTEFUL QUOTE

*“If you’re afraid of butter, use cream.”*

—Julia Child





## CHAPTER THREE

# RESURRECTION FOOD



After Jesus died on the cross and then rose from the dead, much to the joy of His disciples, He appeared to them and asked a question: “Have you any food here?” While they were still marveling, they “gave Him a piece of a broiled fish and some honeycomb. And He took it and ate in their presence” (Luke 24:41–43).

Jesus not only ate fish, He cooked it for His disciples:

Then, as soon as they had come to land, they saw a fire of coals there, and fish laid on it, and bread. Jesus said to them, “Bring some of the fish which you have just caught.” (John 21:9,10)

There are some who find that very hard to swallow, as in this article from PETA:

If you're a Christian who follows a vegetarian or vegan diet, you may have heard this defensive response from fellow meat-eating believers: "But Jesus wasn't a vegan. He ate fish!" Although there are stories throughout the Bible that appear to suggest that Jesus ate fish, there has been serious theological debate as to whether he actually did or if the word "fish" is a mistranslation.<sup>11</sup>

If the word "fish" is a mistranslation, then the preceding verse in the same passage of Scripture needs to be changed. It says,

And He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast, and now they were not able to draw it in because of the multitude of fish. (John 21:6)

Jesus told these fishermen to cast their fishing nets on the right side of their boat—because they had fished all night and hadn't caught any fish. If it was a mistranslation, when they pulled their net in it must have been filled to overflowing with something else. What was the mysterious something else? Fortunately, thanks to another vegan site, we're not left floundering: "the Greek word translated 'fish' may actually refer to dried seaweed as some scholars believe..."<sup>12</sup>

So that we can see the context of this incident, here it is directly from the Bible (*New King James Version*):

Simon Peter said to them, "I am going fishing."

They said to him, "We are going with you also." They went out and immediately got into the boat, and that night they caught nothing. But when the morning had now come, Jesus stood on the shore; yet the disciples did not know that it was Jesus. Then Jesus said to them, "Children, have you any food?"

They answered Him, "No." And He said to them, "Cast the net on the right side of the boat, and you will find some." So they cast, and now they were not able to draw it in because of the multitude of fish.

Therefore that disciple whom Jesus loved said to Peter, "It is the Lord!" Now when Simon Peter heard that it was the Lord, he put on his outer garment (for he had removed it), and plunged into the sea. But the other disciples came in the little boat (for they were not far from land, but about two hundred cubits), dragging the net with fish. Then, as soon as they had come to land, they saw a fire of coals there, and fish laid on it, and bread. Jesus said to them, "Bring some of the fish which you have just caught."

Simon Peter went up and dragged the net to land, full of large fish, one hundred and fifty-three; and although there were so many, the net was not broken. Jesus said to them, “Come and eat breakfast.” Yet none of the disciples dared ask Him, “Who are You?”—knowing that it was the Lord. Jesus then came and took the bread and gave it to them, and likewise the fish. (John 21:3–13)

Here now is my own paraphrase of John 21:3–13 from *The New Vegan Version*\*:

Peter was going fishing, and so the disciples followed him. They fished all night and caught nothing. In the morning Jesus stood on the shore and asked if they caught anything. When they said that they hadn't caught any fish, He told them, “Cast the net on the right side of the boat, and you will find some.” They did what He had told them to do, and were not able to pull the net in because of the amount of dried seaweed that came up from the wet ocean. The miraculous catch confirmed to Peter that it was the Lord, and so he dived into the sea to go to Jesus. The other disciples followed him in the boat, and then dragged the net filled with the dried seaweed.

But Jesus didn't apologize for it being seaweed rather than the fish He'd promised.

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\* There is no such thing as *The New Vegan Version* of the Bible. This is purely satire.

Instead, He gave them dried seaweed to eat for breakfast that He'd already been cooking on the fire. Jesus then told them to bring in the remaining seaweed, and Peter dragged it closer. It contained one hundred and fifty-three large pieces.

For those who are interested in reality, the Greek word used in this passage to describe the catch is transliterated *opsarion*, and is translated "fish."<sup>13</sup>

### **Feeding the Multitudes**

Jesus also miraculously multiplied fish on two different occasions to feed hungry crowds (Matthew 14:14–21 and 15:32–38).

Now Jesus called His disciples to Himself and said, "I have compassion on the multitude, because they have now continued with Me three days and have nothing to eat. And I do not want to send them away hungry, lest they faint on the way."

Then His disciples said to Him, "Where could we get enough bread in the wilderness to fill such a great multitude?"

Jesus said to them, "How many loaves do you have?"

And they said, "Seven, and a few little fish."

So He commanded the multitude to sit down on the ground. And He took the seven loaves and the fish and gave thanks, broke

them and gave them to His disciples; and the disciples gave to the multitude. So they all ate and were filled, and they took up seven large baskets full of the fragments that were left. Now those who ate were four thousand men, besides women and children. (Matthew 15:32–38)

On the other occasion He fed five thousand men, plus women and children. He could have miraculously created any food to give to the famished multitude, but along with bread He provided fish, a healthy protein to satisfy their hunger and nourish their bodies.

### **Fish in Bible Times**

The Israelites ate a variety of fresh and salt-water fish, according to both archaeological and textual evidence. Remains of freshwater fish from the Yarkon and Jordan rivers and the Sea of Galilee have been found in excavations...Fishermen supplied fish to inland communities, as remains of fish, including bones and scales, have been discovered at many inland sites. To preserve them for transport, the fish were first smoked or dried and salted.<sup>14</sup>

### **Health Benefits of Fish**

- Fish is one of the healthiest foods in the world, with its many important nutrients, high-quality

proteins, iodine and other minerals and vitamins. It is an excellent source of omega-3 fatty acids, which are very important for our brains and reduce inflammation.

- It is a great source of protein without the high saturated fat is found in other types of meat.
- Fatty fish, such as salmon, trout, sardines, tuna, and mackerel, are considered to be the healthiest because of their omega-3 and vitamin D content. Most people lack these nutrients, which are known to prevent many diseases.
- It reduces the risk of heart attacks and strokes, the two most common causes of premature death. Studies have shown that people who consume fish regularly have a lower risk of heart attacks, strokes, and heart diseases in general. The American Heart Association recommends two servings of fish per week.
- Fish helps in reducing the bad cholesterol level in the body, according to the Baylor University Medical Center Proceedings.
- According to a review published by the *American Journal of Cardiology*, “The results indicate that fish consumption is associated with a significantly lower risk of fatal and total coronary heart disease (CHD). These findings suggest that fish consumption may be an important component of lifestyle modification for the prevention of CHD.”

- Omega-3 is essential for growth and development. It is recommended that pregnant and breastfeeding women include 340 grams of salmon, sardines, or trout (low-mercury fish) per week as a source of omega-3, which is very important for the brain and eye development.
- Fish can help in delaying the normal mental decline that comes with aging, as well as prevent serious neurodegenerative conditions like Alzheimer's disease. Those who eat fish weekly have more gray matter, which is the brain's major functional tissue responsible for memory and regulating emotions.
- Fish has proved to help in preventing low mood, decreased energy, and depression. Omega-3 helps to fight depression, mental conditions, and bipolar disorder, and enhances the effectiveness of antidepressant medications.
- Fatty fish like salmon and herring are a great source of vitamin D, which is lacking in over 40% of Americans. A single serving (113 grams) of cooked salmon contains 100% of recommended daily intake of vitamin D. A tablespoon of fish oil, such as cod liver oil, provides 200% of the recommended daily vitamin D.
- Vitamin D deficiency is linked to sleep disorders. A study among 95 middle-aged men showed that consuming salmon three times a week improved sleep and daily functioning.



- Fish reduces the risk of type 1 diabetes in children and of autoimmune disease in adults, because of its omega-3 fatty acids. In children, fish also reduces the risk of asthma by 24%.
- Regular fish consumption is linked to a 42% lower risk of age-related macular degeneration (AMD) that causes vision impairment and blindness. Another study showed 53% decreased risk of wet AMD, thanks to the omega-3 found in fatty fish.
- The American College of Rheumatology has found that regular consumption of fish reduces rheumatoid arthritis.

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**TASTEFUL QUOTE**

*“Fishing is much more than fish. It is the great occasion when we may return to the fine simplicity of our forefathers.”* —Herbert Hoover