



NUTRITION

# SEAFOOD IN SCHOOLS



SEAFOOD  
**SCOTLAND**

SEAFOOD IN SCHOOLS

# WHY EAT SEAFOOD?

What are the benefits of  
adding fish to your meals?



## HEALTH BENEFITS



**SEAFOOD IS PACKED WITH PROTEIN, WHICH IS GREAT FOR MUSCLE REPAIR AND GROWTH.**

A 100g serving of Scottish salmon provides 22g of protein.



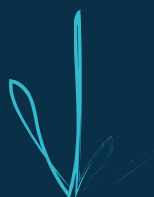
**OILY FISH, LIKE SALMON AND MACKEREL, CONTAINS OMEGA-3.**

Omega-3 is important for brain function, heart health and reducing inflammation in the body.



**FISH IS ALSO A NATURAL SOURCE OF VITAMIN D.**

Vitamin D supports bone health and boosts immunity.



CONTINUED

## HEALTH BENEFITS



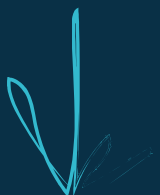
**SOME SPECIES, LIKE HADDOCK  
AND COD, ARE A GOOD SOURCE  
OF VITAMIN B.**

Vitamin B is essential for  
energy production and healthy  
nervous system function.



**SCOTLAND IS HOME TO MANY  
TYPES OF SEAWEED LIKE DULSE  
AND KELP.**

Seaweed is a great source of  
iron, which helps you body  
produce healthy red blood  
cells and make energy!





# PORTION SIZE

## OIL & SPREADS

Choose unsaturated oils and use in small amounts.

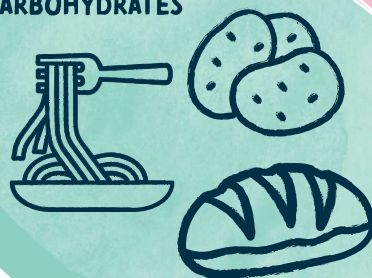


Choose lower fat and lower sugar options.

## DAIRY AND ALTERNATIVES

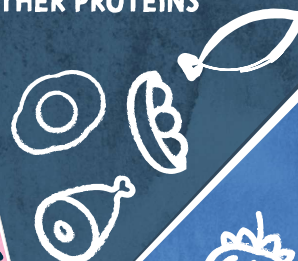


## POTATOES, BREAD, RICE, PASTA AND OTHER STARCHY CARBOHYDRATES



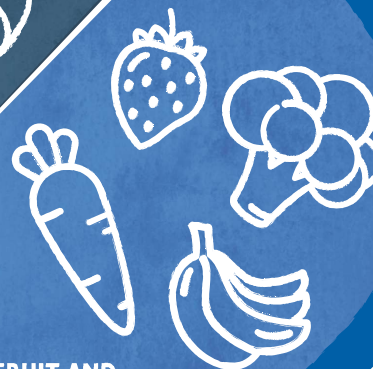
Choose wholegrain or higher fibre versions with less added fat, salt and sugar.

## BEANS, PULSES, FISH, EGGS, MEAT AND OTHER PROTEINS



Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat.

## FRUIT AND VEGETABLES



Eat at least 5 portions of a variety of fruit and vegetables every day.

## PROTEINS

The Eatwell Guide recommends **two 140g portions of fish per week, including one portion of oily fish**. Most people eat less than 1 portion a week.

The top five fish species eaten in the UK are:

- Salmon
- Haddock
- Cod
- Tuna
- Prawns



# TACKLING BARRIERS

## THINK SEAFOOD SMELLS?

- \* Try a mild flavour and aroma option like cod

## PREFER CRISPY FOOD?

- \* Oven-baked fish is delicious!

## EXPLORE OPTIONS:

- \* Fishcakes, seafood pasta, or sushi.

		TEXTURE 				
					Seafood in <b>bold</b> can be farmed in or caught from Scottish waters	
FLAVOUR 		MILD	MEDIUM	BOLD		
	SOFT	<ul style="list-style-type: none"> <li>* Ling</li> <li>* Lemon Sole</li> <li>* Witch Sole</li> <li>* Flounder</li> <li>* Basa</li> </ul>	<ul style="list-style-type: none"> <li>* Plaice</li> <li>* Scallops</li> <li>* Dab</li> <li>* Dover Sole</li> <li>* Megrim</li> </ul>	<ul style="list-style-type: none"> <li>* Catfish (Wolfish)</li> <li>* Mussels</li> <li>* Oysters</li> <li>* Crab</li> <li>* Sprats</li> </ul>	<ul style="list-style-type: none"> <li>* Whitebait</li> <li>* Razor Clams</li> <li>* Clams</li> <li>* Cockles</li> <li>* Sardines</li> <li>* Pilchards</li> </ul>	
	MEDIUM	<ul style="list-style-type: none"> <li>* Haddock</li> <li>* Coley / Saithe</li> <li>* Cod</li> <li>* Pollock</li> </ul>	<ul style="list-style-type: none"> <li>* Carp</li> <li>* Pike</li> <li>* Red Mullet</li> <li>* Tilapia</li> <li>* Red Snapper</li> <li>* Grey Mullet</li> <li>* Farmed Sea Bass</li> </ul>	<ul style="list-style-type: none"> <li>* White Crab Meat</li> <li>* Mackerel</li> <li>* Herring</li> <li>* John Dory</li> <li>* Perch</li> <li>* Brill</li> </ul>	<ul style="list-style-type: none"> <li>* Turbot</li> <li>* Brown Trout</li> <li>* Sea Trout</li> </ul>	
	FIRM	<ul style="list-style-type: none"> <li>* Halibut</li> <li>* Squid</li> <li>* Cuttlefish</li> </ul>	<ul style="list-style-type: none"> <li>* Salmon</li> <li>* Sea Bream</li> <li>* Sea Bass</li> <li>* Monkfish</li> <li>* Tuna</li> <li>* Warm Water Prawns</li> <li>* King Prawns</li> </ul>	<ul style="list-style-type: none"> <li>* Langoustine</li> <li>* Winkles</li> <li>* Lobster</li> <li>* Gurnard</li> <li>* Rainbow Trout</li> <li>* Steelhead Trout</li> </ul>	<ul style="list-style-type: none"> <li>* Whelks</li> <li>* Cold Water Prawns</li> <li>* Crawfish</li> </ul>	

# WHY IT MATTERS

- \* Great taste, affordable options, and easy to cook.
- \* Strengthens Scotland's global food reputation.
- \* Helps with concentration during school and activities.
- \* Choosing locally caught and landed fish plays a crucial role in boosting both the local and wider Scottish economy



**SEAFOOD  
SCOTLAND**

**ANY  
QUESTIONS?**

 @seafoodfromscotland

 @SeafoodScotland

 Seafood scotland

**[WWW.SEAFOODSCOTLAND.ORG](http://WWW.SEAFOODSCOTLAND.ORG)**

