



Seafood and Health

Joyce A. Nettleton

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There's good news about seafoods. Eating plenty of fish and shellfish contributes greatly to good health by reducing the risk of heart disease, stroke, some cancers and other serious ailments. Why seafood is special, and how you can best benefit from eating it, are the themes of this exciting and readable book.

Dr. Joyce Nettleton, a well-known nutritionist and seafood expert, tells the up-to-date story of omega-3 fatty acids, explains all about so-called "good" and "bad" cholesterol and gives clear and expert advice on how to choose and prepare fish and shellfish to take full advantage of the health benefits.

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