

FISH FOR THE BRAIN

Old legends claimed that eating fish would make you smarter. New research says those old legends may be right.

A study conducted for the Rush Institute for Healthy Aging analyzed fish-eating patterns of more than 800 men and women ages 65 to 94 and the rates at which they developed Alzheimer's disease within several years. The researchers found that those who ate at least one fish meal per week were significantly less likely to develop Alzheimer's than those who never ate fish.

This study supports other research on the positive role of omega-3 fatty acids in brain cell health. Omega-3 DHA is known to keep brain cell membranes healthy and appears to aid communication within brain cells.

So you can eat well and keep your brain sharp and your heart healthy by adding more fatty fish like tuna, salmon, mackerel and sardines to your eating plan.

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