

# LEAVE YOUR foodprints ON A HEALTHY LIFESTYLE

**LIFE STYLE DISEASES** are very common now. Your food habits and lifestyle have a direct bearing on them. For instance saturated fat, excess fat, junk foods, non fibrous diet, high calorie, sedentary life, obesity, stress etc. may lead to lifestyle related diseases



**Fish as a safe and healthy food is an answer to your lifestyle related problems & diseases.** In addition to its rich protein, fish has added advantages of poly unsaturated fatty acids especially **Omega3** fatty acids

## **Omega3** fatty acids have

- Protective effects on heart against **Coronary Heart Diseases** caused by plaque build up & blood clots in arteries. Help in lowering blood pressure, serum cholesterol and triglyceride levels. Keep blood vessels dilated, smooth and elastic
- Protective effects on **diabetic and asthmatic** conditions
- Protective effects on breast – prostate – colon **cancer**

National Institute of Fisheries Post Harvest Technology and Training (NIFPHATT), is a Government of India institute having mandates on popularization of fish & fishery products, its good handling practices, product development & test marketing and dissemination of technologies through training & consultancy.

ENJOY THE HEALTHY AND TASTY



FISHERY PRODUCTS OF NIFPHATT



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