

# Health Bites: Fish as a Protein Food

## Video: [Let's Make Fish Cakes](#)

Making a fish cake is a way to add fish as a protein food to your meal. On the Canada's Food Guide Plate, protein foods are about a quarter of the plate. These are foods that contain higher amounts of protein. Examples of protein foods include beans, chickpeas, lentils, split peas, tofu, eggs, fish, shellfish, poultry, meat, and wild meat.

Choosing fish as a protein food provides protein, as well as healthy fats. Some fish are high in omega-3 fats, which are important to have through foods since our bodies can't make them on their own. These fats help to lower the risk of heart disease and reduce blood pressure.

Fatty fish that are the best sources of omega-3 fats for heart health. Examples are:

- Arctic char
- Herring
- Mackerel
- Salmon
- Sardines
- Trout

Choosing fish as a protein food is a way to include healthy unsaturated fats.

Ways to eat fish at meals and snacks:

- Fish and crackers
- Fish sandwich
- Fish cakes
- Fish curry
- Steam or bake fish

