



## Eat Smart with British Trout



A new report undertaken by Edinburgh's Queen Margaret University through the Scottish Funding Council Innovation Voucher Scheme has shown that trout helps deliver that 'fuller for longer' feeling; making it a useful part of a healthy diet.

Fast becoming the buzz word of the health conscious, 'satiety' is the state of being satisfactorily full and this research shows how trout can help you achieve this.

High in beneficial fatty acids and high in protein, trout not only delivers a nutritious hit of essential vitamins and minerals but may help prevent you from overeating. The reason? As a protein-rich food, trout

can make you feel full for longer. Moreover, this feeling of fullness may mean you're less inclined to reach for the biscuit tin in between meals.

Affordable and easy to prepare, long standing favourite British trout is winning over an army of new fans thanks to its versatility and health benefits and guilt free eating:.

Dr Laura Wyness from Queen Margaret University says,

'Trout is a great basket staple for the whole family as it's packed full of nutrients some of which are often lacking in the British diet, such as Vitamin D. It can be prepared in a variety of delicious ways and is also good value being priced more competitively than other more expensive oily fish like salmon.'

The Food Standards Agency recommends eating one portion of oil-rich fish per week because it is high in omega-3 fatty acids – which can help protect against heart disease and

can help boost our immune system. Although trout is considered an oil-rich fish, it has relatively low total fat and saturated fat compared to other oil-rich fish.

As noted, trout is also one of few foodstuffs that is naturally high in Vitamin D. Otherwise referred to as the 'sunshine' vitamin - because sunlight is the principle source of this essential vitamin - research shows that due to our diet and limited daylight in the winter, a significant percentage of the UK population have a low vitamin D level.

*British trout is widely available in supermarkets, independent fishmongers, deli's and farm shops either as whole fish, fillets or both hot and cold smoked.*

For more information or recipe inspiration head to [www.britishtrout.co.uk](http://www.britishtrout.co.uk).

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## **NOTES TO EDITOR**

**Please credit the British Trout Association.**

**Trout nutritional information (sourced from Food Standards Authority):**

**Omega 3** - These fatty acids have been shown to help protect against coronary heart disease.

**Vitamin A** – Helps to maintain healthy skin, strengthen immunity to infection and help vision.

**Vitamin D** – Helps to promote healthy bones and teeth.

**Selenium** - Plays an important role in our immune system's function, in thyroid hormone metabolism and in reproduction. It is also part of the body's antioxidant defence system, preventing damage to cells and tissues.

**About the British Trout Association:**

The **British Trout Association** has over 80 members, and represents over 90% of trout production in the UK. For further information please visit [www.britishtrout.co.uk](http://www.britishtrout.co.uk).