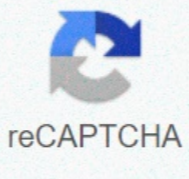I'm not robot

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Is fish good for weight loss

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Of Paige Smith on September 17, 2018 eating fish can help with your weight loss goals Â ¢ â,¬ "Â, get you choose the right type. Most fish is high in protein, but it contains Less calories than other sources of protein, such as poultry or beef, says Kristen Smith, MS, Dietitian and registered spokesperson for the Academy of Nutrition and Dietatic. Rich foods of protein, explains, can help increase the satiety and prevent food From food or between meals. In addition, many fish are also loaded with omega-3 fatty acids, an essential nutrient that promotes the heart and health of the brain. Of course, it is important to note that the addition of seafood to the diet It does not automatically guarantee weight loss, says dear Harbstreet, MS, a registered dietitian and founder of Street Smart Nutrition. But incorporating nutrient dense fish into a balanced diet - and engage in regular physical exercise, hydration Neither good sleep - can help you push you towards your weight loss goals. Here are five types rich in nutrients to add to the plate: canned tuna strikes the trifecta meal floor: it is convenient, versatile and good for you. Â ¢ â,¬ "Tuna in a carton in the water offers a rich option of protein â €