



Media Release

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Tel 04 385 4005
Email info@seafood.co.nz
fishofthemonth.co.nz

Fish of the Month working to look after your health

Snapper is a family favourite for many New Zealanders and one of our most popular recreational fish. Like many white-fish species, snapper is highly versatile and tasty, suiting a wide range of cooking styles, from baked, grilled and barbequed, to being enjoyed raw as sashimi.

But snapper isn't only phenomenal tasting – it is also a healthy choice. Snapper is a great source of selenium, which acts as an antioxidant defence – meaning it helps protect cells in our body from damage. Selenium is also necessary for immune system function and for the production of thyroid hormones.

Snapper is also a good source of vitamin D, which is important for bone health. While the main source of vitamin D is the sun, the widespread use of sunscreen to reduce our exposure to the sun's rays means that dietary sources of vitamin D are becoming increasingly important.

The New Zealand Heart Foundation [recommends](#) that you should have at least two servings of fish or seafood per week.

Coming in to the cooler months, we highly recommend trying snapper in a soup or curry. Our **Fish Dumplings & Bok Choy Soup** recipe available at www.fishofthemonth.co.nz is a great example of Asian-inspired meals making their way in to Kiwis regular cooking rosters. Snapper is the perfect fish for this recipe as its firm and delicately flavoured flesh holds together well while retaining its flavour.

This month, add the Fish of the Month to your shopping list and let snapper help boost your health.

More on the best ways to enjoy snapper, and more extensive Fish of the Month resources can be found at www.fishofthemonth.co.nz.

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For more information, contact:

Karin Kos

Communications Manager
Seafood New Zealand Limited
Mob: 027 437 9307
karin.kos@seafood.org.nz
www.fishofthemonth.co.nz

Background

Regular Sources:

- New Zealand Food Composition Database
- Australia New Zealand Food Standards Code
- The New Zealand Heart Foundation's Fish, Fish Oils and Heart Health Report, November 2012.

About Fish of the Month

Fish of the Month is a promotional programme managed by Seafood New Zealand which focusses on one seafood species per month, providing key information on taste, texture, nutrition and sustainability of the seafood species in New Zealand:

www.fishofthemonth.co.nz.

Seafood New Zealand is the national body representing industry at a national and international level and adding value by promoting New Zealand seafood and its sustainable harvest, building public awareness of the health and nutritional benefits of seafood, as well as delivering science and policy support for its members.