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The next time you come across cans of sardines at any shop, make sure you definitely pick it up as the ensuing information regarding these tiny fishes would be astonishing. Sardines are named after Sardinia, the Mediterranean island where they are found in plenty. These fishes are immensely beneficial for health purposes and contain a lot of nutrients, proteins, vitamins and minerals which are very effective for preventing and combating various diseases.

It is better to go for canned sardines as they are clean, processed, cooked and then packed and preserved in olive oil or mustard sauce. A daily diet which includes sardines can keep the person away from many diseases. Some health benefits of this fish include:

Since, these fishes are rich in omega 3 fatty acids, they help to prevent and cure a number of diseases like cholesterol, cardiovascular diseases, cancer (kidney cancer, breast cancer and colon cancer) and even Alzheimerâ€™s disease.

These fishes seem to be the mine of minerals and are rich in calcium, proteins and vitamins. Their calcium content is good for bones and arthritis disease. Their anti inflammatory properties cure joint pain and prevent degeneration of bones.

Sardines are known to keep the skin and hair healthy and lustrous. They maintain the moisture balance of the skin and remove any sort of blemishes. Their consumption even prevents hair loss and makes the roots strong. Their rich protein content also accounts for new cell growth and keeping the skin healthy and hydrated.

The omega 3 fatty acid content of these fishes helps to bring down low density lipoproteins and increases the good cholesterol of the body. They also maintain eye health as they keep the eye vision perfect by preventing muscular degeneration of the eye.

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