## Red Meat vs. Fish

### Red Meat Pros
- Contains higher cholesterol content and saturated fat than fish which can cause heart disease.
- Comparable protein amount to fish.
- Contains B12, a critical nutrient for brain and nervous system function and the formation of blood.
- Contains creatine which is a beneficial supplement for energy and muscle growth.
- Contains Niacin (Vitamin B3) which is beneficial for nervous system function and blood circulation.

### Red Meat Cons
- Red meat is high in saturated fats which can cause high cholesterol leading to cardiovascular disease.
- Contains high sodium content which can also lead to heart attack and heart disease.

### Fun Facts about Red Meat
- Eating lean red meat can actually reduce cholesterol levels as the saturated fat content is much lower.

### Calories & Vitamins

<table>
<thead>
<tr>
<th>Daily Value</th>
<th>Ground Beef (70% lean meat, 30% fat, patty cooked, pan broiled)</th>
<th>Top Sirloin (Fat trimmed to 0&quot;, Choice, Cooked, Broiled)</th>
<th>Tuna (Dry Heat)</th>
<th>Atlantic Salmon (Farmed, Smoked)</th>
<th>Tilapia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (kcal)</td>
<td>2000</td>
<td>202</td>
<td>186</td>
<td>156</td>
<td>155</td>
</tr>
<tr>
<td>Vitamin B3 (mg)</td>
<td>14¹</td>
<td>4.279</td>
<td>6.69</td>
<td>8.96</td>
<td>8.56</td>
</tr>
<tr>
<td>Vitamin B12 (mg)</td>
<td>.0024³</td>
<td>.0149</td>
<td>.0062</td>
<td>.0024</td>
<td>.0115</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>2300</td>
<td>78</td>
<td>49</td>
<td>42</td>
<td>48</td>
</tr>
<tr>
<td>Omega 3 (g)</td>
<td>.5</td>
<td>.5</td>
<td>.0525</td>
<td>1</td>
<td>1.1</td>
</tr>
</tbody>
</table>

### Fish Pros
- Marine Fish is high in omega-3 fatty acids
- Omega-3 fatty acids lower triglyceride blood levels which reduce the risk of cardiovascular disease
- High in Vitamins D and B2 (riboflavin)
- Easy to cook
- Rich in calcium
- Eating the recommended 2 portions of fish a week could cut the risk of death from heart disease by 1/3.
- Omega 3’s are important for cognitive health

### Fish Cons
- Marine Fish consumption must be limited in diets due to mercury content.
- Up to 12 ounces of fish allowed per week (EPA).

### Fun Fact about Fish
- Eating the recommended 2 portions of fish a week could cut the risk of death from heart disease by 1/3.