



Healthy Fish, Healthy You

Fish is good for us. However, we need to ensure that the fish we eat does not contain harmful contaminants and pollutants. For the first time in Malaysia, a new species of fish called **Jade Perch** was introduced recently by **Protech Yu** under the brand, **OM3 Fish**.

The fish is organically grown locally using a controlled aquaculture system which ensures that the fish is free from bacteria, antibiotics and chemicals. With the concerns about mercury found in fish, the jade perch offers a healthy solution to parents looking for nutritious, easy-to-cook fish for the family. Called Jade Perch because of the distinctive light green colour of the scales, the firm white flesh is suitable to Asian style cooking. Apart from being a healthy source of protein, this fish has the highest content of Omega-3 oil of any type of fish.

Available from the frozen section in organic shops and supermarkets over the coming months, OM3 fish also has another variety of fish in Malaysia, the barramundi. For more information or for recipes, visit www.OM3fish.com