

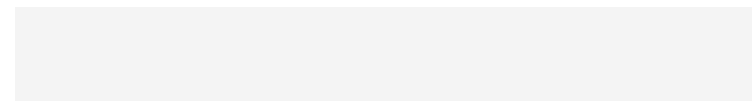


Redfish



Redfish is low in saturated fat and is a good source of B vitamins including niacin, B6 and B12. B vitamins promote brain, heart, and bone health and also can improve your mood.

Today's redfish is from:



Did you know?

Redfish, also known as ocean perch, is a mild, sweet, flaky white fish great for pan searing, roasting, or frying. It is available year-round.

    [#Nourished](https://www.noharm.org/NourishedbyNewEngland)
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