



## Sardine Fish

### Sardine Fish

Scientific name is *Sardinella longiceps* Breeds once a year. The spawners arriving off western coasts of India in June-July when temperatures and salinity are low during the southwest monsoon months; extended spawning season, but most intense in August-September; exact spawning grounds not located Sardines are also healthy and considered a "brain food." These tasty fish are rich in omega 3 fatty acids, which can help maintain a healthy heart. Recent studies suggest that omega 3 fatty acids slow the progression of mild to moderate Alzheimer's disease. These fatty acids can also help control blood sugar level. Not only are sardines packed with omega 3 fatty acids but they are also a good source of vitamin D and calcium..

It is a small pelagic fish with an iridescent, silvery body and a single dorsal fin located over the middle of the body. The linear bony ridges on its gill cover distinguish this species from other members of the herring family. While Pacific sardines can grow to 35.5 cm (14 inches) long and weigh between 100 grams (4 ounces) and 500 grams (1 lb), in 2001 the harvested sardines in British Columbia, weighed an average of 150 grams (1/3 lb) and measured an average standard length of 23 cm (9 inches). The flesh of the sardine is pink in colour and has a fine, soft texture. With a high fat content, it has a stronger and heavier flavour than whitefish species.

A real world approach to your health: many drug interactions and side effects can not be detected when drugs are approved. They may be found only after the drugs have been used by millions of people and for a long time. Large, long-term studies of adverse incidents are able to discover these real world drug outcomes. However, these studies were impossible to be run by health professionals or patients before HealthMe.



## Detailed Product Description

Product Name : Dried Sardine Refuse  
Raw Materials : Sardine Fish (rejected from canned sardine factory)  
Process : Boiled for 30 minutes and sun-dried for two days  
Specification : Crude protein content more than 60%  
Moisture content less than 8%  
Salt content less than 3%

Packing :35 kg/bag (PP Woven Bag)  
Quantity :26.25 tons/40 feed



Pacific sardines

## How We Determine Healthy Foods

Well, at our house, we mainly eat foods we know aren't bad for us. It's much easier to look at a particular food and ask, "Could this be bad for us?" rather than to try to puzzle out its exact nutritional value.

That said, when we run across a particular food that we find just absolutely wonderful, we really can't help but share it with friends and family members.

We like to do this especially if the food is unusual or most people have preconceived notions about it.

As outlined above, sardines generally get a bad rap and negative comments from people who, in reality, don't know what they're talking about.

Before actually trying them, our preconceived notions led us to think that sardines would be scaly, pungent, and overwhelmingly fishy flavored.

To our happy surprise, Vital Choice sardines are anything but. They have a texture very similar to canned tuna or salmon and are excellent when spread on crackers.

Flavor-wise, these sardines are slightly spicy with a hint of red pepper (we ordered the "spicy" variety). Vital Choice sardines are also canned in extra-virgin olive oil, which adds to the flavor and nutritional value.

We definitely advise anyone looking for a healthy snack food to try sardines. The overwhelming health benefits aside, for us the taste says it all.



Contact Us

Contact information for Taj Group companies in India.

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