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Enjoy the Health Benefits of Sea Foods at Sea Food Restaurants in Chennai, Bangalore and Mumbai by [Preeti](#)

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Sea food is a popular food consumed all over the world and it is known for its high nutritional value.

Sea food is any food which consists of marine life. It includes fish, shrimps, lobsters, seas cucumbers and sea urchins. Sea food is especially famous in coastal region because of its easy availability.

Sea food is rich source of proteins, minerals as well as vitamins. It is known for its weight reducing properties and for being good for skin and hair. Sea food is low in sodium content and also it is low in cholesterol. Since the sea food mainly consists of the poly saturated fats which are preferred over the saturated fats, it has become the obvious choice for the health conscious people. Sea food especially fish is rich in vitamin B¹², vitamin B-6 and vitamin B-12. Also omega 3 fatty acids are found in fish which is essential for good health. Since sea food is the store house of so many essential nutrients, it is therefore very good for our brain, heart and joints.

There is no dearth of Sea food restaurants in Mumbai. The restaurants mostly serve only sea food and no other cuisine along with it. Most of the restaurants have been designed to give the feeling of a beach to enhance the experience of having sea food. Santacruz, Juhu, Worli, Vile Parle, are some of the places which have the best sea food restaurants in the town.

Bangalore is fast emerging as a metropolis because of the presence of the many information technology industries there. It has become the cultural hub of the country and no doubt people here want to try different cuisines. Sea food is as famous in Bangalore as it is in Mumbai. Almost all posh areas of the city are home to some very fine restaurants that serve sea food. Sea food restaurants in Bangalore can be found in Bellandur, Koramangala, Indiranagar etc.

If Mumbai and Bangalore can boast of some fine restaurants that serve authentic sea food then can Chennai be far behind. It is the metropolitan city of India and it also houses some good restaurants that serve sea food. Sea food restaurants in Chennai are mainly located in Anna Nagar, Besant Nagar, Alwarpet, T. Nagar, etc.

The cost of the meal will not burn a hole in your pocket as the customers can choose the restaurants according to their budget. A single meal for two people can cost anywhere between five hundred rupees and fifteen hundred rupees. It will go very well with drinks and can be had as a snack too.

So do not feel low if you have not yet tasted sea food. So can step out to your nearest restaurant and experience the good taste of sea food. It will not only lift up your senses but also be a good friend of your health. Sea food is the way to go if you are on a diet and it will help you to remain fit forever.

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