

Why Eat Seafood?



Seafood is a nutrient-packed food with vitamins A, B, D, omega-3s, selenium, and zinc which helps to reduce inflammation and supports a healthy immune system.



Over 40,000 studies on the health benefits of seafood and omega-3s DHA and EPA.



Seafood supports overall wellness and brain and heart health.



People who regularly eat seafood are 20% less likely than their peers to have depression.



A third of the brain's key functional units are made up of omega-3 fatty acids found in seafood.



Pregnant women who ate seafood had babies with higher IQs.



Two servings of fatty fish a week reduces the risk of dying of heart disease by 30-50%.



It's delicious and good for you!



**SEAFOOD
NUTRITION
PARTNERSHIP**

Source: Seafood Nutrition Partnership

Which Fish is the Richest in Omega-3s?

(PER 4 OUNCE COOKED PORTION)

Studies show omega-3s can reduce risk of heart disease, depression, dementia, arthritis, and improve overall happiness.

> 1,000 milligrams ♥♥♥♥	500 - 1,000 milligrams ♥♥♥	250 - 500 milligrams ♥♥	< 250 milligrams ♥
Anchovies	Alaskan Pollock	Catfish	Cod
Herring	Barramundi	Clams	Crayfish
Mackerel (Atlantic & Pacific)	Crab	Flounder/Sole	Haddock
Oysters (Pacific)	Mussels	Grouper	Lobsters
Sablefish (Black Cod)	Salmon (Chum, Pink & Sockeye)	Halibut	Mahi Mahi
Salmon (Atlantic, Chinook, Coho)	Sea Bass	Mackerel (King)	Shrimp
Sardines (Atlantic & Pacific)	Squid	Oysters (Eastern)	Scallops
Swordfish	Tilefish	Perch	Tilapia
Trout	Tuna (Albacore)	Rockfish	Tuna (Yellowfin)
	Walleye	Snapper	
		Tuna (Skipjack, canned)	

Source: US Department of Agriculture, Food Data Central at fdc.nal.usda.gov

Maternal & Infant Health:



SEAFOOD PROVIDES KEY NUTRIENTS THAT SUPPORT CHILD BRAIN DEVELOPMENT

Children whose mothers eat seafood during pregnancy may gain an average of 7.7 IQ points compared to children whose mothers do not eat seafood.¹

Research shows a 66% reduction in early preterm births for women taking higher doses of DHA.²

The American Academy of Pediatrics recommends that pregnant and breastfeeding women and children eat 1-2 servings of fish per week.³

Heart Health:

SEAFOOD PROVIDES KEY NUTRIENTS THAT SUPPORT HEART HEALTH

Eating approximately one to two servings of fatty fish a week reduces the risk of dying from heart disease by 36%.⁴

Heart disease is 80-90% preventable with proper diet, exercise, and lifestyle modifications.^{5,6}



Increased seafood consumption is associated with a lower risk of sudden cardiac death.^{7,8}

Use our one-pager with clients:



Brain Health:



SEAFOOD PROVIDES VITAMINS AND MINERALS IMPORTANT FOR MENTAL HEALTH

Nutrients that tend to be low in people who are depressed – vitamin D, magnesium, and zinc are in seafood.⁹⁻¹³

People who regularly eat fish are at least 20% less likely than their peers to have depression.¹⁴⁻¹⁹

If you are taking antidepressant medication, research shows the nutrients in fish may make them work better.²⁰⁻²³

For more on seafood and mental health:





WHAT TO KNOW ABOUT MERCURY

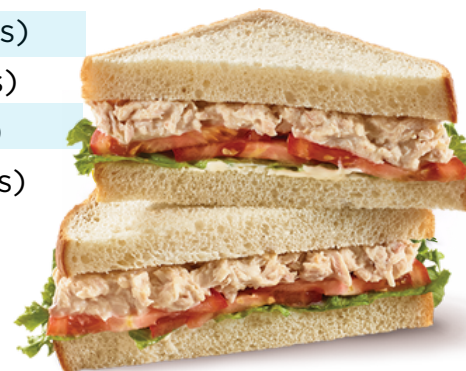
90% OF THE SEAFOOD EATEN IN THE U.S. IS LOW IN MERCURY AND IS CONSIDERED A “SAFE OPTION” BY THE FDA AND EPA.²⁴

Top Species Consumed in the US

1. Shrimp
2. Salmon
3. Canned Tuna-Skipjack (Light)
4. Canned Tuna -Albacore (White)
5. Tilapia
6. Farmed Catfish, Pangasius, Swai, Basa
7. Alaska Pollock
8. Cod
9. Crab
10. Clams

Weekly Upper Limit Before Risk²⁵

- | |
|----------------------|
| 1,784 oz (111.5 lbs) |
| 853 oz (53 lbs) |
| 164 oz (10 lbs) |
| 56 oz (3.5 lbs) |
| 1,509 oz (94 lbs) |
| 1,154 oz (72 lbs) |
| 530 oz (33 lbs) |
| 223 oz (19 lbs) |
| 311 oz (19 lbs) |
| 853 oz (53 lbs) |



The largest fish with the longest lives - the top of the food chain - tend to have the highest mercury levels.

The 7 Fish Pregnant Women Should Limit: shark, tilefish, swordfish, king mackerel, orange roughy, marlin, and big eye tuna.

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Se
Selenium

Seafood contains selenium, needed for our brain and nervous system to function. This mineral protects us from mercury by binding to it.²⁶⁻²⁷



Visit us at seafoodnutrition.org

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