



LOVE YOUR HEART, *Eat Your Seafood*

EATING SEAFOOD TWICE A WEEK CAN REDUCE YOUR RISK OF HEART DISEASE BY AT LEAST 36% AND GIVE YOU MORE ENERGY THROUGHOUT THE DAY.¹

A SUPER FOOD → *for you and your family*

DID YOU KNOW SEAFOOD is one of the leanest sources of protein and a super food packed with nutrients like **OMEGA-3**^{2,3} which is essential for your good heart health?

- ♥ Eating seafood while you're expecting can **help your baby's** brain and eye development.⁴
- ♥ Seniors who eat seafood regularly have better memory and **live longer**.⁵
- ♥ It's easy to **get healthy** with seafood.



MOST SEAFOOD → *can be prepared in just 15 minutes or less*
MAKING IT EASY TO SAY "YES!" TO YOUR HEALTH...

- ♥ ASK YOUR LOCAL GROCER what seafood is in-season and remember **frozen or canned seafood is just as healthy** as fresh seafood. and is a tasty, cost-effective alternative.
- ♥ BE ADVENTUROUS WHEN DINING OUT. Many restaurants have **healthy seafood options** on the menu. Try a new seafood dish the next time you go out to eat.
- ♥ TAKE THE **HEALTHY HEART PLEDGE** and learn more about the health benefits of seafood at SeafoodNutrition.org



**SEAFOOD
NUTRITION
PARTNERSHIP**

→ SEAFOODNUTRITION.ORG

HEALTHY HEART → Pledge



I recognize **seafood is a healthy choice** for me and my family and one of the leanest proteins with a variety of nutrients. The **Seafood Nutrition Partnership** aims to reduce the risks of heart disease, improve baby brain wellness and increase memory for seniors by educating Americans about the health benefits of seafood and building awareness of seafood's essential nutritional value. By pledging to eat at least two servings of seafood each week as recommended by the USDA Dietary Guidelines, I can help me and my family reduce our risk of cardiovascular disease.

Being healthy is something you can be happy about. Go ahead and do something special for you and your family today.

Easy Recipes



ITALIAN TUNA SALAD

WHAT YOU'LL NEED:

- 2 (5 oz.) Cans tuna packed in olive oil
- 5 oz. Bag mixed salad greens
- 1 Can green beans, low sodium
- 1 Potato, cubed, boiled, and cooled
- 2 Black olives, pitted & sliced
- 1 Cucumber, chopped
- 2 Cherry Tomatoes
- 1 tbsp. Balsamic Vinegar
- 3 Pinches oregano, dried
- 3 tbsp. Olive Oil
- Salt & Pepper (S&P) to taste

MAKE IT:

(prep time: 15 minutes, serves 4) Make sure potatoes are pre-cooked by boiling for 15 minutes. Drain oil from tuna into a bowl. Set tuna aside. Add to the oil from the tuna can olive oil, vinegar, oregano, S&P. Mix Dressing well. Add raw vegetables and dressing. Top tuna onto salad.

Serving suggestion: Serve salad with whole grain bread and drizzle extra dressing over salad. Enjoy!

SERVES 4

SALMON CAKES

WHAT YOU'LL NEED:

- 1 (14 oz.) Can salmon drained and crumbled
- 1 Potato peeled, boiled, and cooled
- 1 Egg, beaten
- 1 tsp. Garlic, chopped
- 1/2 tbsp. Mustard
- 1/2 Cup bread crumbs
- Juice of 1 lemon
- 2 oz. Olive Oil
- 2 oz. Plain yogurt
- 1 Cucumber, thinly sliced
- 1/2 tsp. Dill, dried
- Salt & Pepper (S&P) to taste

MAKE IT:

(prep time: 10 minutes, cook time: 10 minutes, serves 4)
Heat 1/2 of oil in frying pan, add garlic and onions. Sauté until aroma is released. Meanwhile, crush potatoes and mix with salmon and 1/2 of lemon juice. Add garlic and onion, mix and add egg and mustard, mix again. Add bread crumbs (you may not need all the bread crumbs) and fold until combined. Re-heat pan and add remaining oil. While heating, use ice cream scoop for salmon mixture, and place into pan. Fry cakes on each side for 4 minutes per side. Combine yogurt, dill, cucumber, remaining lemon juice and S&P. Mix well. Serve salmon cakes with yogurt sauce. Enjoy!



SERVES 4



Sign up to receive more healthy recipes for any day of the week at SeafoodNutrition.org



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KNOW THE FACTS

→ about Your Heart Health and Seafood

- ♥ Sign up for weekly notifications about seafood health facts and recipes.
- ♥ Share your story! Has seafood already changed your life for the better? We'd love to hear about it so you can inspire others.
- ♥ Like us on [Facebook](#) and follow us on [Pinterest](#), [Twitter](#), and [Instagram](#) for more recipes and inspiration.

Do all of this by visiting [SeafoodNutrition.org](#)

SNP is proud to partner with organizations committed to a healthier America:

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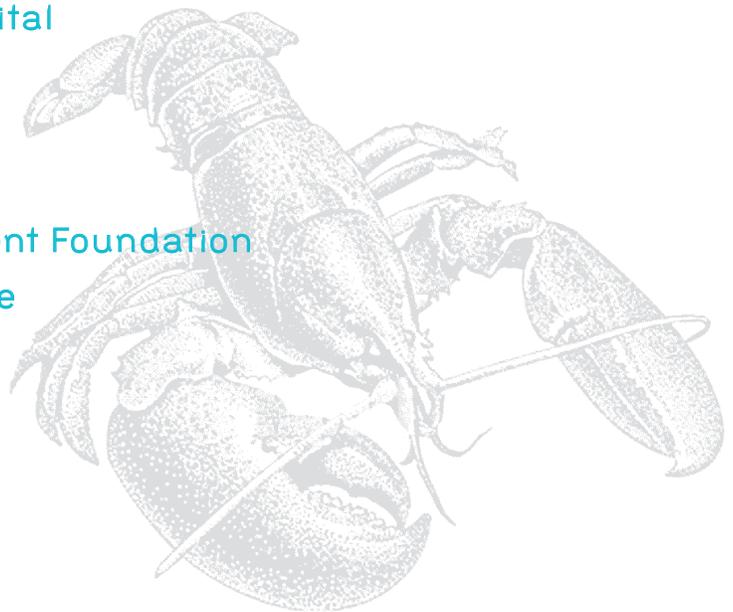
NIH NHLBI The Heart Truth

President's Challenge

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Together Counts

USDA ChooseMyPlate.gov



[1] Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. *JAMA*. 2006; 296:1885-99. [2, 3] Danaei G, et al. The preventable causes of death in the United States: comparative risk assessment of dietary, lifestyle, and metabolic risk factors. *PLoS Med*. 2009 www.ncbi.nlm.nih.gov/pubmed/19399161 [4] Hibbeln JR, Davis JM, Steer C, Emmett P, Rogers I, Williams C, Golding J. Maternal seafood consumption in pregnancy and neurodevelopmental outcomes in childhood (ALSPAC study): an observational cohort study. *Lancet*. 2007;369(9561):578-85. [5] Tan MD, MPH, Z.S. Red blood cell omega-3 fatty acid levels and markers of accelerated brain aging. *Neurology*. 2012; 78: 9 658-664.



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