



**Seafood gets *straight As*.** Research shows that seafood's nutrition benefits students of all ages. That is why the Dietary Guidelines for Americans and American Heart Association both recommend eating seafood at least twice a week.<sup>1,2</sup>

Seafood earns top grades in many ways:

#### **A+ for needed nutrients:**

Seafood is rich in nutrients needed for growth and development. However, many students' food choices lack these key nutrients. Seafood's nutrition profile includes:

- Vitamins A and D — necessary for normal eye and bone development.
- Omega-3 fats (EPA and DHA) — essential for growth and development, especially of eyes and brain.<sup>3</sup>

#### **A+ for kids in the classroom and cafeteria:**

Did you know kids who eat fish at least once per week may do better in school? Research shows an association between fish intake and better grades!<sup>4</sup>

The benefits of seafood go beyond just grades. Early exposure to seafood encourages kids to be lifelong fish eaters for lifelong benefits!

#### **A+ throughout life:**

Many types of seafood are rich in omega-3 fats — including EPA and DHA — two healthy fats that:

- Feed your brain: studies show fish eaters have bigger memory and learning centers.
- Better your sight: along with supporting healthy eye development, omega-3s support our ability to detect light.
- Have D for your bones: just one serving of salmon provides 100% of the daily recommended value for vitamin D!

Seafood earns an A+ throughout the lifespan because eating it regularly supports longevity! Eating seafood 2 to 3 times per week has been proven to reduce risk of death from any health-related cause.<sup>5</sup>



**SEAFOOD  
NUTRITION  
PARTNERSHIP**

SEAFOODNUTRITION.ORG

**A+ for versatility:**

USDA MyPlate says to vary your protein routine and eat seafood twice a week. Offer seafood often in school meals in addition to meat and poultry.<sup>6</sup> Seafood credits as meat/meat alternate. It also helps your school meet the National School Lunch Program guidelines for calories, saturated fat and sodium.

Seafood's mild flavor suits a variety of students' favorite dishes. Offer Alaska pollock in sandwiches, serve up fish tacos and quesadillas, or try broiled fish and chips!

Thanks to its versatility, fish adds a trendy twist to student favorites.



Tacos and Quesadillas → Catfish Tacos and Quesadillas

Chicken Parmesan → Parmesan Crusted Pollock

Grilled Cheese → Cheesy Tuna Melt

Hamburgers → Pollock Burgers

Asian Chicken Salad → Asian Pollock Salad

Chicken Tenders → Fish Sticks

Turkey Wrap → Tuna Wrap

*Try all of these on your menu!*

**A+ for variety:**

There are so many types of seafood to choose from. Frozen and canned varieties are easy to prepare and serve. The USDA Foods Available List offers several cost-effective options, including Alaska pollock, catfish and tuna. Other varieties can be ordered through your foodservice distributor.

## REFERENCES:

1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 *Dietary Guidelines for Americans*. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.
2. American Heart Association. The American Heart Association's Diet and Lifestyle Recommendations. Last Updated March 2017. Available at [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations\\_UCM\\_305855\\_Article.jsp#.WXeNR1GQzIU](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#.WXeNR1GQzIU).
3. Simopoulos AP. Omega-3 fatty acids in health and disease and in growth and development. *Am J Clin Nutr* 1991; 54:438-63.
4. Kim, J.-L., Winkvist, A., Åberg, M. A., Åberg, N., Sundberg, R., Torén, K. and Brisman, J. Fish consumption and school grades in Swedish adolescents: a study of the large general population. *Acta Paediatr*. 2010; 99: 72-77. doi:10.1111/j.1651-2227.2009.01545.x.
5. Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. *JAMA*. 2006;296:1885-99.
6. U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC. TIPS: Vary Your Protein Routine. <https://www.choosemyplate.gov/protein-foods-tips>. Accessed July 31, 2017.

# What is seafood?

## How are fish and shellfish different?

Seafood is any fish or shellfish that lives in salt or fresh water that is eaten as food.

**Fish have fins and bones but do not have a shell.**

*Fish* includes salmon, pollock, tuna and tilapia — just to name a few.

**Shellfish have shells.**

The two types of shellfish are crustaceans and mollusks.

- **Crustaceans** have long bodies and soft-jointed shells, like shrimp and lobster.
- **Mollusks** have a soft body, outer shell and no spine, like oysters and clams.