

# Love Your Heart

# EAT YOUR SEAFOOD

**Talk to the media:** Use these seasonal story ideas when you're talking to the media about seafood



“With school, sports, and shorter days, it's easy to let your family's good eating habits fall by the wayside. Don't let busy schedules get in the way of a delicious, healthy dinner made with seafood! In just 15 minutes, busy moms and dads can prepare a meal rich in protein, omega-3 fatty acids, and essential vitamins. Help your readers rethink their weeknight menu with these fall-inspired seafood recipes.

[Apple Harvest Salad with Popcorn Shrimp](#)

[Baked Red Snapper with Zesty Tomato Sauce](#)



“Protein keeps cravings at bay, builds lean muscle, and helps maintain a healthy weight. But it's not just how much protein you eat that's important – it's where you get your protein from that matters. Seafood is a “protein with benefits” – sitting among the highest-quality sources like eggs, meats, poultry, and dairy. Because of its protein-packed goodness, the USDA HHS DGA recommends that Americans eat seafood twice a week – here are a few great recipes to share with your readers.

[Asian-Style Steamed Salmon](#)

[Braised Cod with Leeks](#)

“October is National Seafood Month and there's no better time to remind your readers that seafood literally saves lives! Did you know...

- It is estimated an additional 50,000 deaths from heart disease and stroke are avoided per year by eating fish.
- Eating seafood two to three times per week reduces the risk of dying from heart disease.
- Seafood has essential omega-3s. Low seafood intake contributes to 84,000 deaths each year, making seafood deficiency a leading dietary contributor to preventable death in the U.S.



“Whether you're craving Italian, Mexican, Greek, Asian, or more traditional fare, there is a seafood recipe for everyone – and it can be prepared in just minutes. Here are a few options to encourage your readers to celebrate National Seafood Month this October!

[Baked Red Snapper with Zesty Tomato Sauce](#)

[Asian-Style Steamed Salmon](#)

[Gluten Free Grilled Tilapia Tacos](#)

[Salmon Cakes with Yogurt & Cucumber Sauce](#)

## **Share recipes:**

[Tuna Minestrone with Parmesan Cheese](#)

[Italian Tuna Salad](#)

[Salmon Cakes with Yogurt & Cucumber Sauce](#)

[Cracked Pepper and Lemon Tilapia with Mediterranean Brown Rice and Quinoa Blend](#)

[Braised Cod with Leeks](#)

[Asian-Style Steamed Salmon](#)

[Baked Red Snapper with Zesty Tomato Sauce](#)

[Apple Harvest Salad with Popcorn Shrimp](#)



The Seafood Nutrition Partnership's mission is to inspire a healthier America by raising awareness about the health benefits of seafood.  
[SeafoodNutrition.org](http://SeafoodNutrition.org)