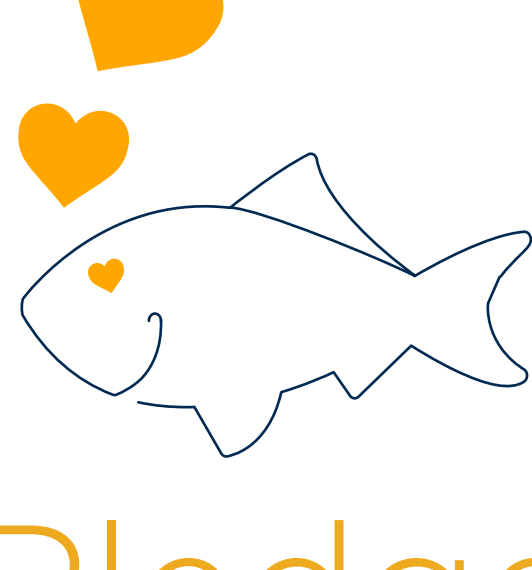


WHY YOU SHOULD TAKE THE  
**HEALTHY  
HEART  
PLEDGE**



#HealthyHeartPledge







**DID YOU KNOW THAT HEART DISEASE IS THE #1 CAUSE OF DEATH IN THE UNITED STATES?**

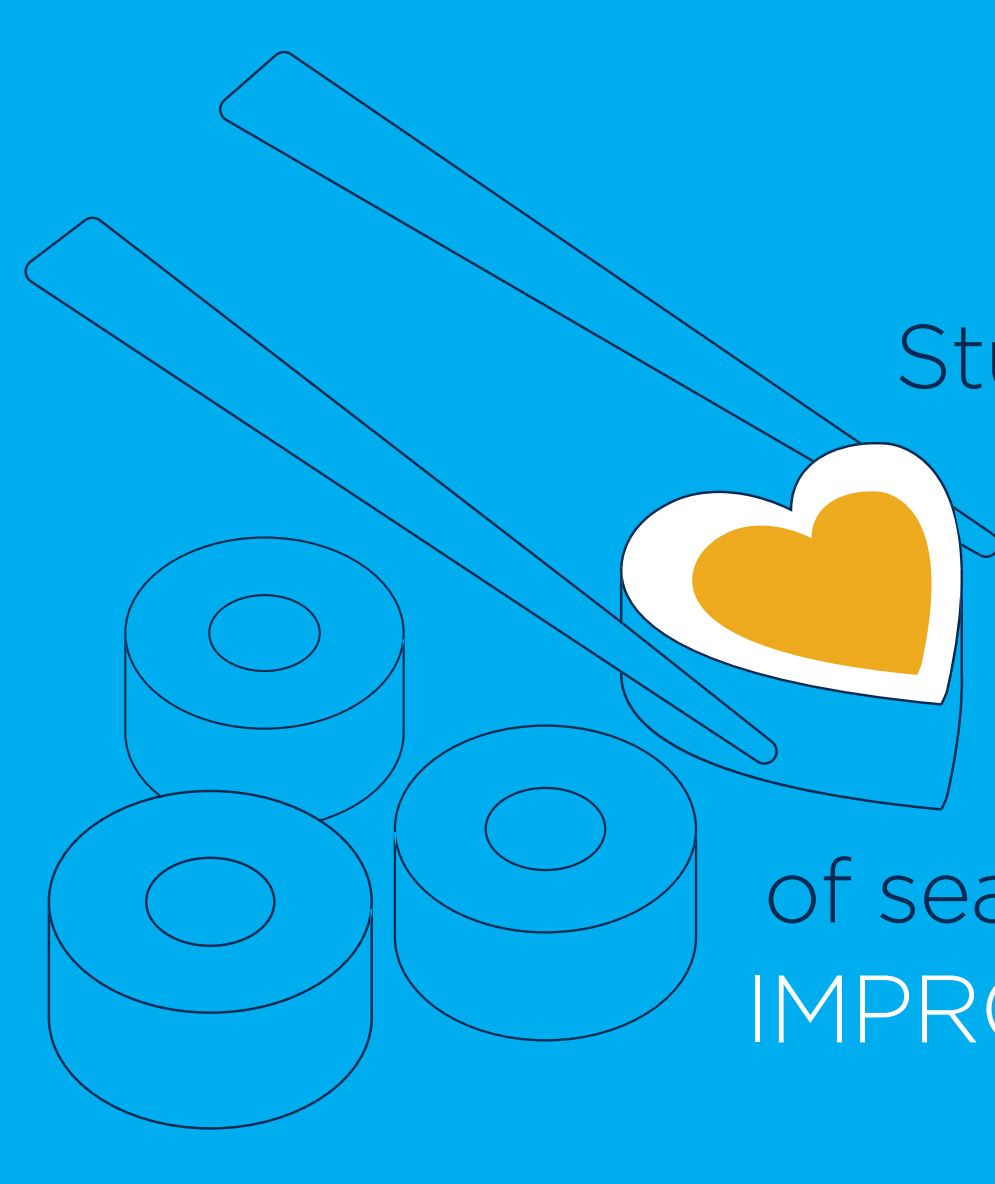
Eating seafood is one of the best, easiest ways to a healthier heart. With the Seafood Nutrition Partnership (SNP) Healthy Heart Pledge you are choosing to eat

**#SEAFOOD2XWK**

The **USDA** recommends eating seafood

**2X**  
EACH WEEK

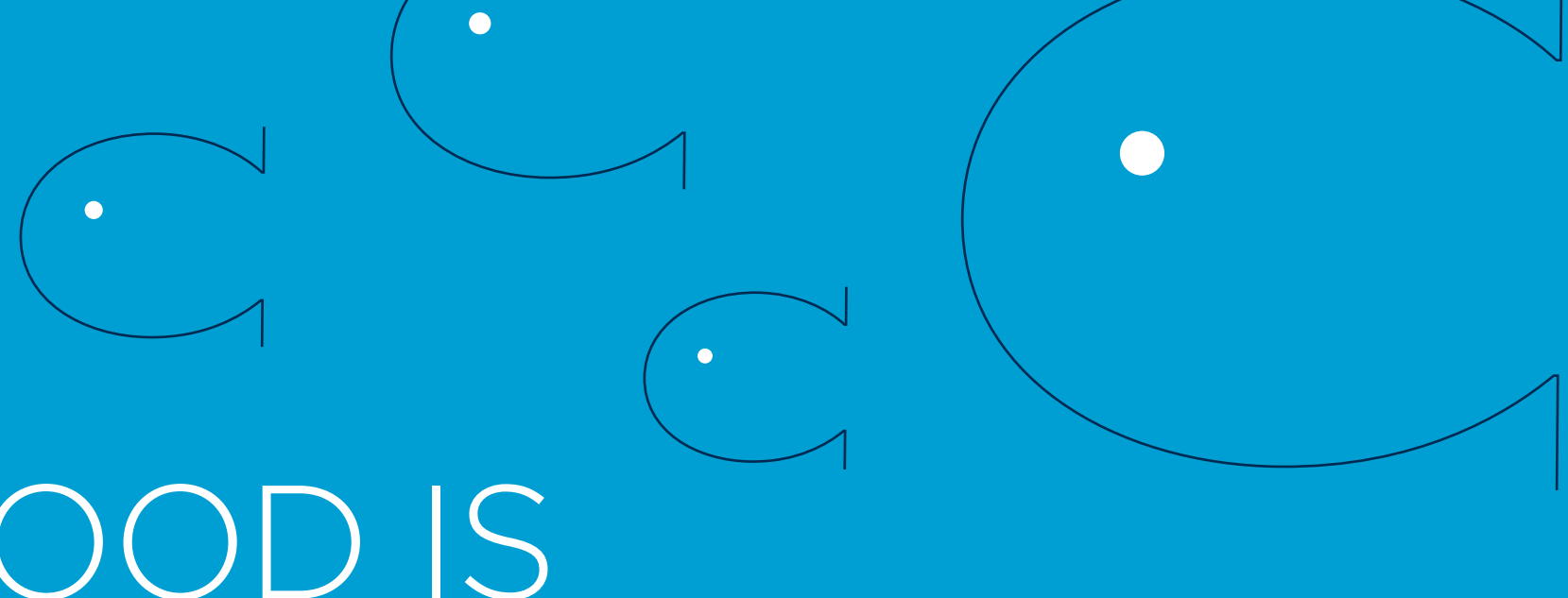
S	M	T	W	T	F	S
						
						
						



Studies show that by eating just

**TWO 4 OZ. SERVINGS**

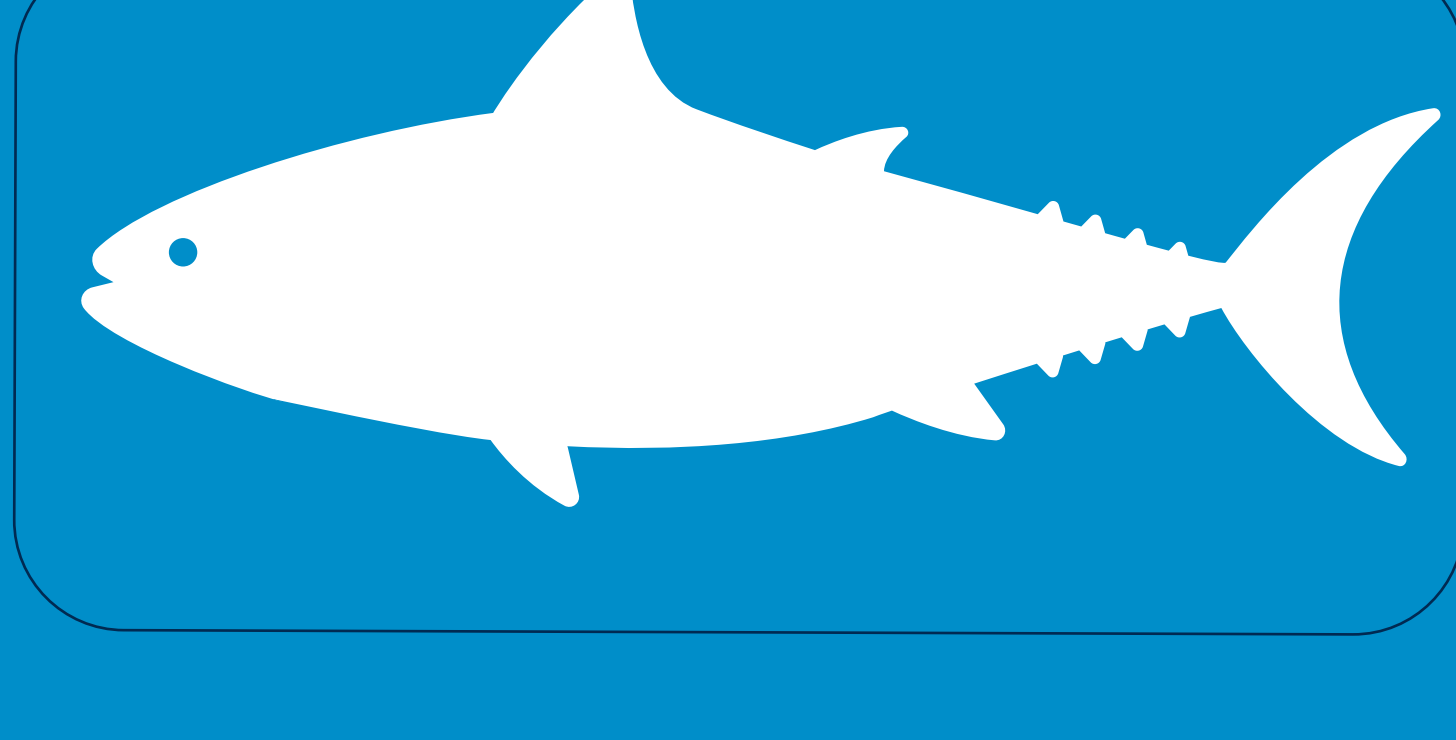
of seafood each week you can help IMPROVE YOUR HEART HEALTH  
Your heart will thank you!



SEAFOOD IS  
**HIGH IN HEALTHY FATS**

known as **OMEGA-3s**, which are essential for heart health and brain health

**STUDIES SHOW** eating seafood **TWICE A WEEK** can help REDUCE YOUR RISK of dying from heart disease<sup>1</sup>



**EATING SEAFOOD**

**2-3 TIMES PER WEEK**

can help reduce the risk of death from ANY HEALTH-RELATED CAUSE<sup>2</sup>



It is estimated that

**50,000**

additional deaths each year **FROM HEART DISEASE & STROKE** CAN BE AVOIDED BY EATING FISH<sup>3</sup>

**Eat seafood at least twice a week for healthier hearts, healthier brains & better nutrition.**



TAKE THE PLEDGE AT **SEAFOODNUTRITION.ORG**

#HEALTHYHEARTPLEDGE #SEAFOOD2XWK