



• KIDS' ACTIVITY BOOK •



*Love Your
Heart*

EAT YOUR SEAFOOD



**SEAFOOD
NUTRITION
PARTNERSHIP®**

Reel in the health benefits!

EATING SEAFOOD 2× PER WEEK:



Builds a
**HEALTHY
BRAIN!**



Builds a
**HEALTHY
HEART!**



Builds
**STRONG
BONES AND
MUSCLES!**



WHY SEAFOOD?

When kids eat at least two servings of seafood each week, the benefits are big. Fish and shellfish supply the nutrients, vitamins and omega-3s essential for strong bones, brain development, and healthy immune and cardiovascular systems. Seafood Nutrition Partnership offers suggestions for helping children do their best in the classroom and beyond.

WHY OMEGA-3s?

EYE SIGHT:

Nearly half of our eye's light detecting cell structure are made of omega-3s.

BRAIN FOOD:

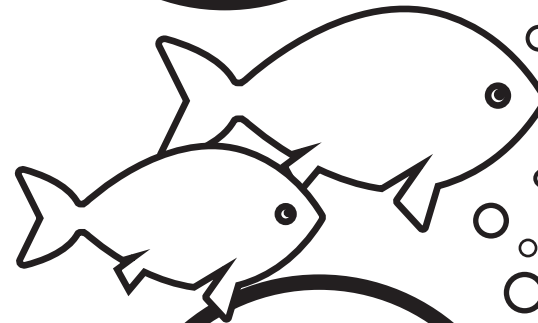
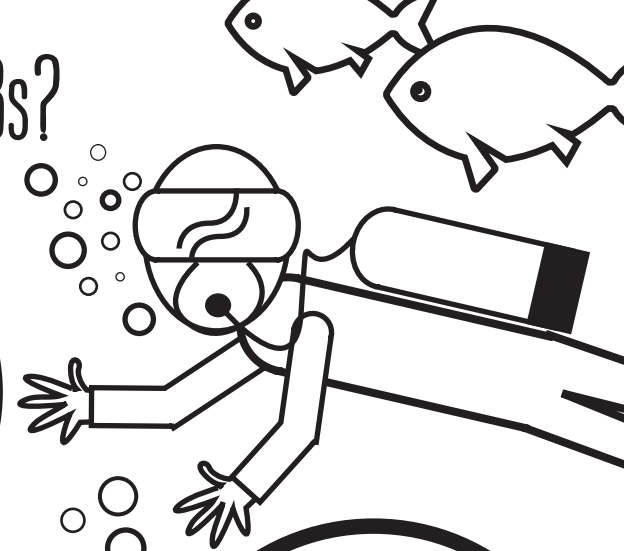
A third of the brain's key functional units are made up of omega-3 fatty acids.

STRONG BONES:

Just one serving of salmon provides 100% of daily recommended vitamin D.

HEART HEALTH

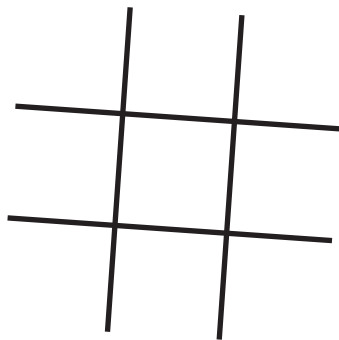
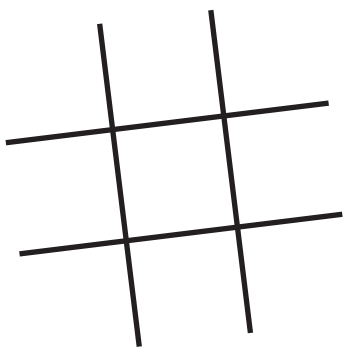
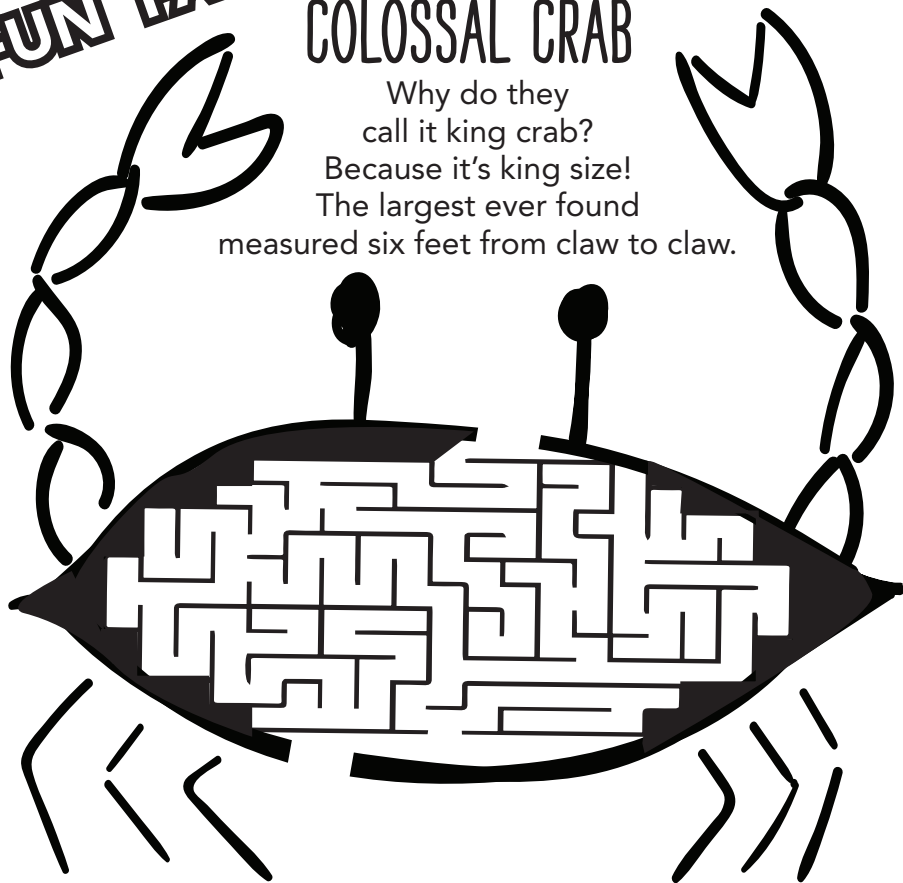
Eating fish helps prevent heart disease and stroke later in life.



FUN FACT

COLOSSAL CRAB

Why do they call it king crab?
Because it's king size!
The largest ever found measured six feet from claw to claw.



TIC TAC TOE

Did you know there are over 500 varieties of seafood available? Find some of the most popular below!

S G U U C Q G N H S S S
 S A L M O N T H S H S U
 D O C M Q L L N I R W T
 S L E S S U M M F I O E
 T C Y M T S D S T M R U
 H U Y I W M C K A P D J
 J J B T J A C T C G F R
 Y W U I L O N J M W I B
 G N O L L Q Y L Y W S P
 A U O L D A O L L U H A
 L P O W Q M H C U K V Q
 S P V K R O X W L E J X

CATFISH
 COD
 HALIBUT
 MUSSELS

POLLOCK
 SALMON
 SCALLOPS

SHRIMP
 SWORDFISH
 TUNA

FUN FACT

SWIMMIN' SALMON

In a single year, Alaska salmon can migrate up to 10,000 miles — that's like going all the way across the continental U.S. and back, twice!

Seafood Recipes

SALMON SKEWERS

Serves: 4
Omega-3 per Serving: 700-1229mg

Ingredients

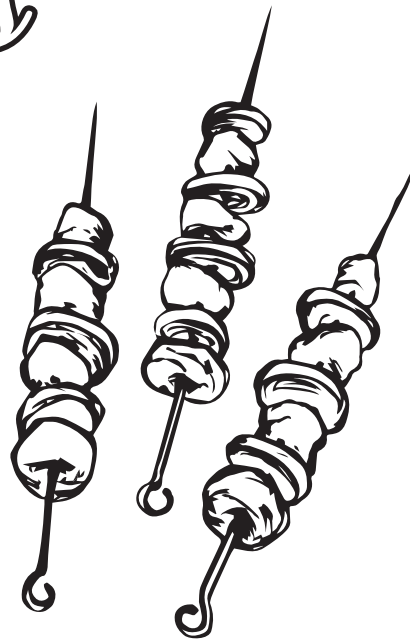
- 1 lb. Salmon
- 2 oz. Cherry tomatoes
- 1 cup Pineapple (cubed)
- 2 cups Cooked brown rice
- 1 Lemon, raw
- Kosher salt, freshly ground pepper, and paprika (To taste)
- 8 Skewers

Directions

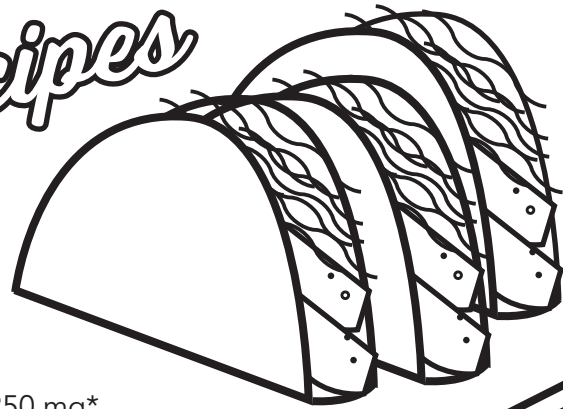
- Cook rice according to package instructions and set aside.
- Clean fish and pat dry.
- Cut salmon into 24-1/2 inch cubes and coat all sides with topping of kosher salt, freshly ground pepper, paprika or any desired spice.
- Cut fruit into cubes and cut tomatoes in half. Set aside.
- Slide piece of salmon onto skewer, then tomato, then fruit. Repeat 3 times on each skewer (or until skewer is full).
- Heat 1/2 cup of canola oil in large skillet over medium-high heat for one minute.
- Place skewers in pan and turn every 2 minutes a side. Squeeze lemon on skewers as they are cooking.
- To serve, place 1/2 cup rice on plates and with 2 skewers on top. Squeeze a hint of lemon, if desired.

TIPS

- Salmon Skewers can be made in the oven or on the grill.
- Covering them while on the stove will steam them rather than sear them.



Seafood Recipes



FISH TACOS

Serves: 4

Cost Per Recipe: \$11.85

Omega-3 Per Serving: 100-250 mg*

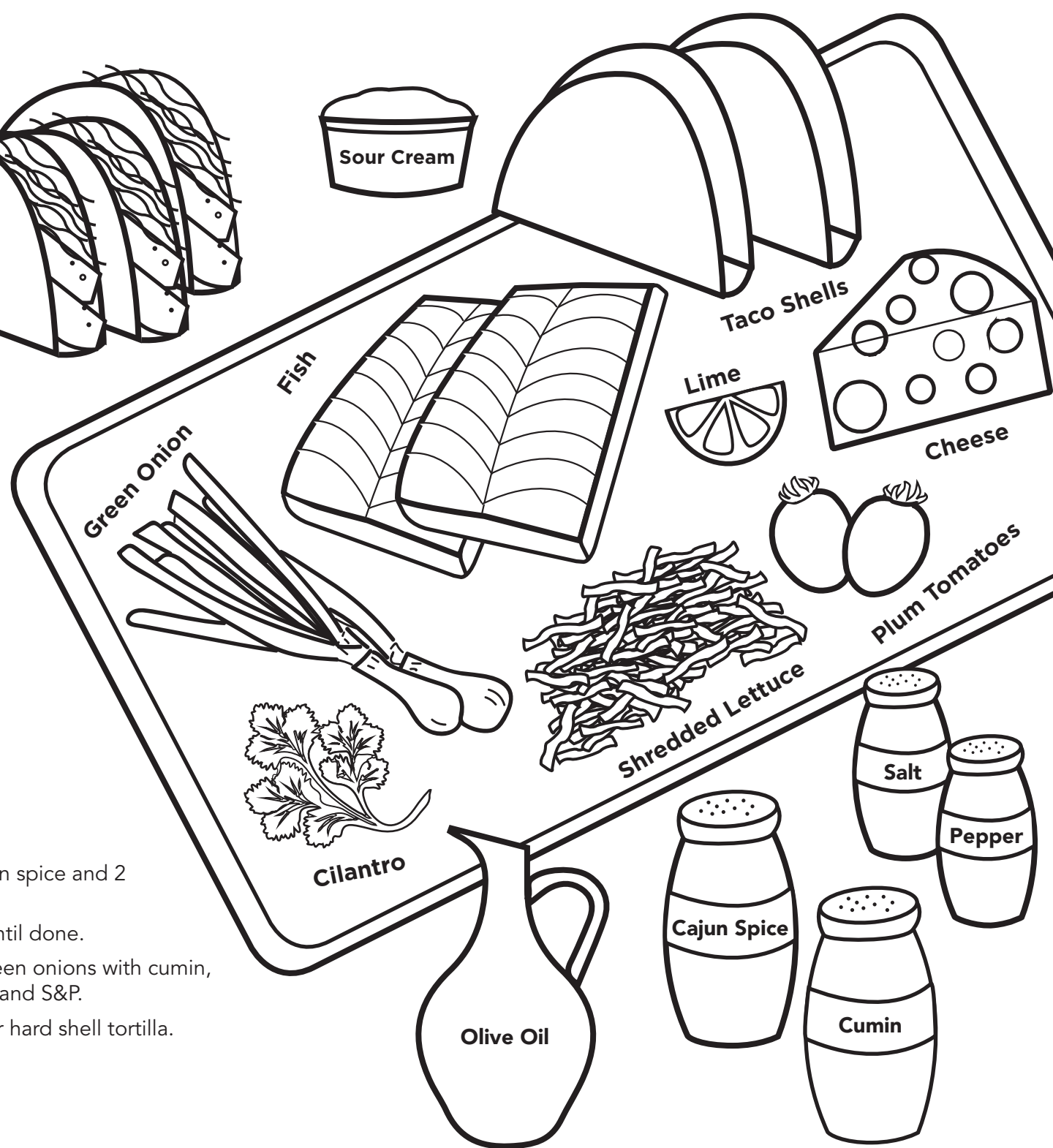
Ingredients

- 1 lb. catfish, tilapia, or other firm white fish
- 2 Tbsp. cajun spice
- 3 Tbsp. olive oil, divided
- 3 plum tomatoes, chopped
- 1/2 bunch green onions/scallions, chopped
- 1 tsp. cumin
- 1 lime, juiced
- 1 tsp. cilantro, dried
- To taste - salt & pepper (S&P)
- 8 taco shells, soft and/or hard
- 1/2 cup sour cream, low-fat
- 1/2 cup Mexican cheese blend, low fat
- 1 can chilies, green, chopped
- 1 cup iceberg lettuce, shredded
- 1 avocado, sliced (optional)

Directions

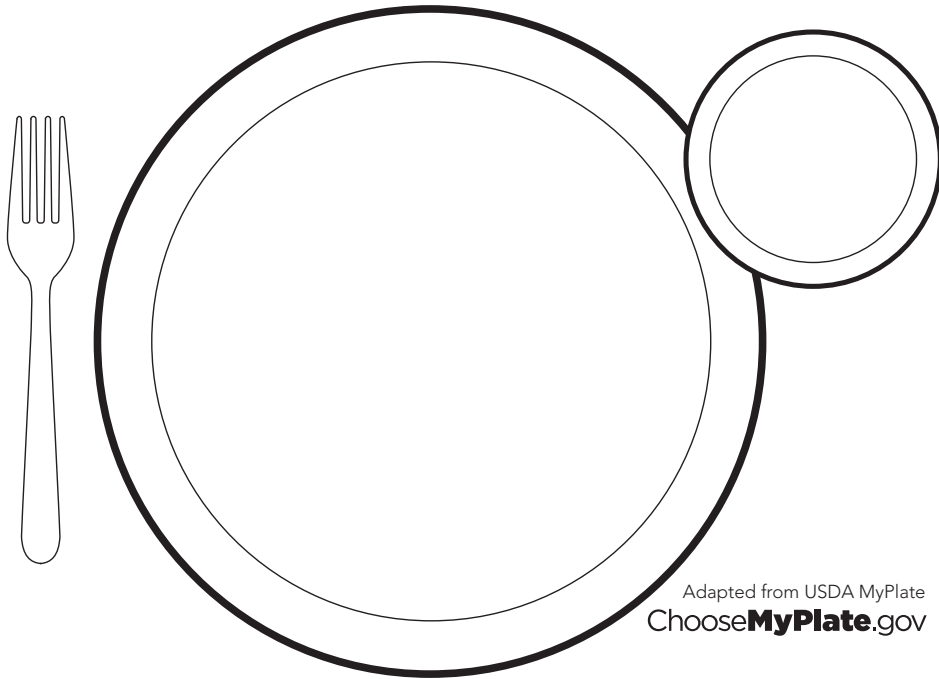
- Cut fish into 1-inch strips and toss with cajun spice and 2 tablespoons of oil.
- Bake in a 325°F oven for 8-10 minutes or until done.
- Meanwhile, mix chopped tomatoes and green onions with cumin, 1 tablespoon oil, juice of one lime, cilantro and S&P.
- Build taco with favorite toppings in a soft or hard shell tortilla.

* Depends on type of fish or shellfish you use.



FILL THE PLATE

with a delicious, nutritious meal!



Adapted from USDA MyPlate
Choose **MyPlate**.gov

FAMILY NUTRITION TIPS

PROTEIN PROVIDES POWER — MAKE SELECTIONS THAT ARE HEALTHY AND AFFORDABLE

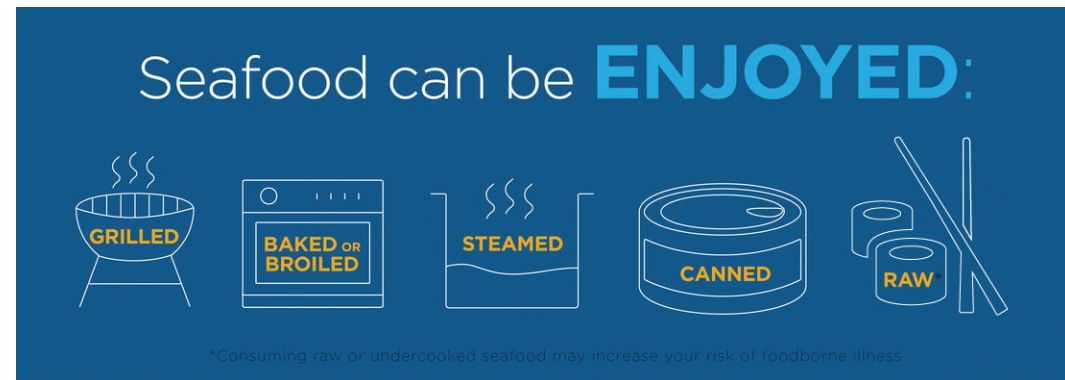
- Fresh, frozen, and canned seafood are all excellent choices.
- Always choose lean meats, nuts or beans that will provide healthy fuel for you and your family.

MAKE HALF YOUR PLATE FRUITS AND VEGETABLES

- Consider choosing a variety of fresh, frozen, and canned fruits and vegetable.
- Choose packages fruits and vegetables that do not have added fat, salt, or sugars.

START EVERY DAY THE WHOLE-GRAIN WAY

- Whole grains with more fiber will help your kids feel fuller longer so they stay alert in school.
- Choose foods with “100% whole wheat” or “100% whole grains” on the label.





Take the

HEALTHY HEART → *Pledge*

↳ SEAFOODNUTRITION.ORG
[#Seafood2XWk](https://twitter.com/Seafood2XWk)



**SEAFOOD
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1001 North 19th Street
Suite 1200
Arlington VA 22209
703-579-6750