

Eating seafood is beneficial for you and your baby.

Did You Know?

The Dietary Guidelines for Americans recommend pregnant women should eat more seafood.^{1, 5}

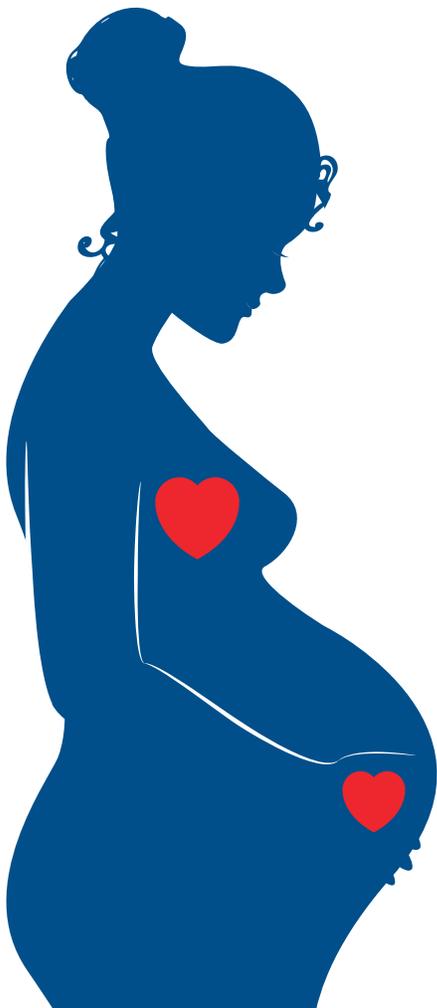


Researchers have found that when pregnant or nursing moms eat a minimum of 8-12 ounces (or at least 2 servings) of a variety of seafood per week it can have positive benefits for both mom and the baby:

- Babies have improved brain development.^{2, 7}
- Babies experience increased IQ points.³
- Moms feel better during and after pregnancy. Eating seafood during pregnancy may have beneficial effects on mental well-being.⁴
- Eating seafood is good for mom's and baby's heart health.

We want to make sure you and your baby always practice food safety. Here is some advice from the FDA:

Pregnant and nursing mothers should eat 12 ounces of fish per week for the health of their babies, avoiding: shark, swordfish, tilefish, and king mackerel as these four specific fish can be higher in mercury.¹



Important Tips for Eating Seafood During Pregnancy:



The health benefits of eating seafood outweigh any concerns. Pregnant and nursing women should eat a minimum of 8-12 ounces per week of a variety of fish, according to the 2015 Dietary Guidelines for Americans as consumption of DHA omega-3 fats are associated with improved infant health outcomes.⁵

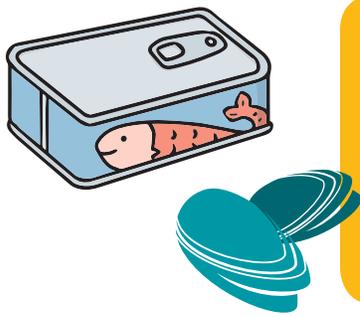
Fat in a baby's brain is made up of omega-3s. About half of the brain is made up of omega-3 fats. Seafood is one of the only natural dietary sources rich in the omega-3 fatty acids, EPA and DHA, which are essential for brain and eye development.

What about mercury? Seafood is a rich source of the antioxidant selenium which helps lessen any affects from mercury intake. Light canned tuna contains 90 mcg of selenium — or more than 100% of the Daily Value per 4 ounce serving. If the body has sufficient selenium, mercury is not an issue. According to researchers^{1, 6}, the real risk is not getting enough seafood.

Consult with your local grocer on questions regarding your seafood purchase. Supermarkets typically offer seafood in three forms: fresh, frozen, and canned. Rarely do supermarkets carry shark, swordfish, tilefish, and king mackerel, which are higher in mercury.

For questions or concerns about your seafood intake during pregnancy or while breastfeeding, please consult with your physician or local dietitian. Seafood is recommended daily for pregnant and nursing moms. If you have any dietary restrictions, allergies, or concerns, it is best to consult with your physician or dietitian regarding your seafood intake.





Did You Know?

Tuna and salmon are excellent sources of EPA/DHA omega-3 fats.

Tuna has 150–300 mg of EPA/DHA omega-3 fats per 4 ounce serving — or about 60-120% of the recommended 250 mg per week.⁸

Salmon has 1,200-2,400 mg of EPA/DHA omega-3 fats per 4 ounce serving — or about 480-960% of the recommended 250 mg per week.⁸

Here are simple recipes that you can try at home!

ITALIAN TUNA SALAD

(From SNP Eating Heart Healthy Nutrition Program, Created By Chef Kelly Armetta, Hyatt Regency Boston)

Serves: 4 | Cost Per Recipe: \$9.22 | Omega-3 Per Serving: 150 mg

INGREDIENTS

2 5 oz. Tuna, Canned Packed in Olive Oil
1 5 oz. Bag Mix Salad Greens
1 14.5 oz. Can Green Beans, low sodium
1 Potato, Cubed and boiled
2 oz. Olives, black and pitted
1 Cucumbers, Chopped
2 oz. Tomatoes, cherry
1 oz. Balsamic Vinegar
1/2 tsp. Oregano, Dried
Salt & Pepper (S&P) to taste

DIRECTIONS

1. Make sure potatoes are pre-cooked by boiling for 15 minutes.
2. Drain oil from tuna into a bowl. Set tuna aside.
3. Add to the oil from the tuna can, vinegar, oregano, S&P. Mix dressing well.
4. Mix greens with potatoes and green beans.
5. Add raw vegetables and dressing.
6. Top tuna onto salad.
7. Serving suggestion: Serve salad with whole grain bread and drizzle extra dressing over salad.



SALMON CAKES WITH YOGURT AND CUCUMBER SAUCE

(From SNP Eating Heart Healthy Nutrition Program, Created By Chef Kelly Armetta, Hyatt Regency Boston)

Serves: 4 | Cost per recipe: \$6.13 | Omega-3 Per Serving: 900 mg

INGREDIENTS

1 14.7 oz. can Salmon, drained and crumbled
1 Potatoes, peeled, boiled and cooled
2 oz. Yogurt (plain)
1 Cucumber, thinly sliced
1 Egg, beaten
0.5 oz. - Onions, chopped fine
1 tsp. Garlic, chopped
1/2 tsp. Mustard
1/2 cup Bread Crumbs
1 Lemon, juiced
2 oz. Olive Oil
1/2 tsp. Dill, dried
Salt & Pepper (S&P) to taste

DIRECTIONS

1. Heat 1/2 of oil in pan and add garlic and onions.
2. Sauté until aroma is released.
3. Meanwhile crush potatoes and mix with salmon and 1/2 the lemon juice.
4. Add garlic and onions, mix, and add eggs and mustard. Mix again.
5. Add bread crumbs. You may not need all the crumbs. Fold until combined.
6. Heat pan again and add remaining oil.
7. While heating, use an ice cream scoop and scoop salmon mixture. Place into pan.
8. Fry cakes on both sides for 4 minutes each.
9. Combine yogurt, dill, cucumbers, remaining lemon juice and S&P. Mix well.
10. Serve salmon cakes with yogurt sauce.



Sources:

- ¹ New Advice: Pregnant Women and Young Children Should Eat More Fish. February 2015. Available at www.fda.gov/ForConsumers/ConsumerUpdates/ucm397443.htm.
- ² 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
- ³ FDA, Quantitative Assessment of the Net Effects on Fetal Neurodevelopment from Eating Commercial Fish (As Measured by IQ and also by Early Age Verbal Development in Children). June 2014. Available at www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm.
- ⁴ Golding J, Steer C, Emmett P, Davis JM, Hibbeln JR. High levels of depressive symptoms in pregnancy with low omega-3 fatty acid intake from fish. *Epidemiology*. 2009 Jul;20(4):598-603.
- ⁵ 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 health.gov/dietaryguidelines/2015/guidelines/.
- ⁶ Nick Ralston and scientists at the University of North Dakota's Energy and Environmental Research Center. June 2009. Available at www.seafoodsource.com/news/food-safety-health/q-a-nick-ralston-university-of-north-dakota
- ⁷ U.S. Department of Agriculture. Eat Seafood Twice a Week. September 2015. Available at www.choosemyplate.gov/ten-tips-eat-seafood
- ⁸ Vannice, G. (2015).
- ⁹ Things to Know about the Good Fat. Santa Cruz, CA: Better Health Books.

