



# Seafood for Thought

LIVE SMARTER  
& HEALTHIER  
WITH SEAFOOD

## AMERICA: WHEN IT COMES TO OUR HEALTH, WE CAN DO BETTER

Inflammation is the leading cause of chronic diseases, such as stroke, heart attacks, high blood pressure and diabetes. Heart disease is the #1 cause of death in the US.



### DID YOU KNOW:

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

Seafood includes vital nutrients needed for overall health and wellness, such as iron, B-6, B-12, selenium, and protein.

The fats found naturally in seafood, omega-3s EPA and DHA, are essential to our health. On average, Americans consume only 80 of the recommended 250-500mg of omega-3s EPA+DHA per day.

## PROMINENT STUDIES SHOW THAT...

- 7 out of 10 premature deaths in the US are preventable through diet and lifestyle changes<sup>1</sup> - like adding omega-3s to your diet.
- Eating seafood two to three times per week reduces the risk of death from any health-related cause by 17 percent.<sup>2</sup>
- Older adults with highest fish consumption lived an average of 2.2 years longer.<sup>3</sup>
- Children who ate seafood and supplemented with omega-3s had improved attention span and fewer adverse behavioral outcomes.<sup>4</sup>
- Moms who ate seafood twice a week had babies with higher IQ and improved brain and eye development.<sup>5</sup>
- Leading health organizations recommend Americans eat seafood at least twice a week.<sup>6</sup>



To learn more about how you can increase your seafood intake, visit our website or follow us on social media.

 @Seafood4Health  
[seafoodnutrition.org](http://seafoodnutrition.org) | #Seafood2xWk

<sup>1</sup>Micha R. et al. Association Between Dietary Factors and Mortality From Heart Disease, Stroke, and Type 2 Diabetes in the United States. JAMA. 2017 Mar 7;317(9):912-924. <sup>2</sup>Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. JAMA. 2006;296:1885-99. <sup>3</sup>Mozaffarian D, et al. Plasma Phospholipid Long-Chain Omega-3 Fatty Acids and Total and Cause-Specific Mortality in Older Adults. Ann Intern Med. 2013 Apr 2;158(7):515-25. <sup>4</sup>Hibbeln JR, et al. Maternal seafood consumption in pregnancy and neurodevelopmental outcomes in childhood (ALSPAC study): an observational cohort study. Lancet. 2007;369(9561):578-85. Report of the Joint FAO/WHO Expert Consultation on the Risks and Benefits of Fish Consumption. Rome, Food and Agriculture Organization of the United Nations; Geneva, World Health Organization, 2011. <sup>5</sup>U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8<sup>th</sup> Edition. December 2015.