

# EAT SMART + ADD SEAFOOD TO YOUR CART, AMERICA!



## America: When it Comes to Our Health, We Can Do Better.

**Inflammation** is the leading cause of chronic diseases.



Stroke



Heart Attacks



High Blood Pressure

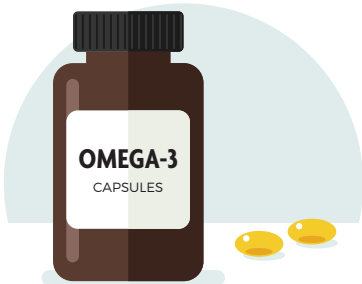


Diabetes

**Heart disease** is the #1 cause of death in the US.



## 7 Out of 10 Deaths in the US are Preventable Through Diet and Lifestyle Changes—Like Adding Omega-3s to Your Diet!



### Omega-3s: What Are They?

- Omega-3s EPA+DHA are healthy, essential fats found naturally in seafood.
- On average, Americans take in only 80 of the recommended 250-500mg of Omega-3s EPA+DHA per day.
- Omega-3s balance the generally pro-inflammatory Omega-6. Currently Americans eat 10x more Omega-6s than Omega-3s.
- Less than 5% of plant-based Omega-3 ALA is made into essential EPA & DHA by our bodies.

## Seafood and Omega-3s Play an Important Role in a Healthier Tomorrow.



Our eyes depend on Omega-3s for their sensory function.




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



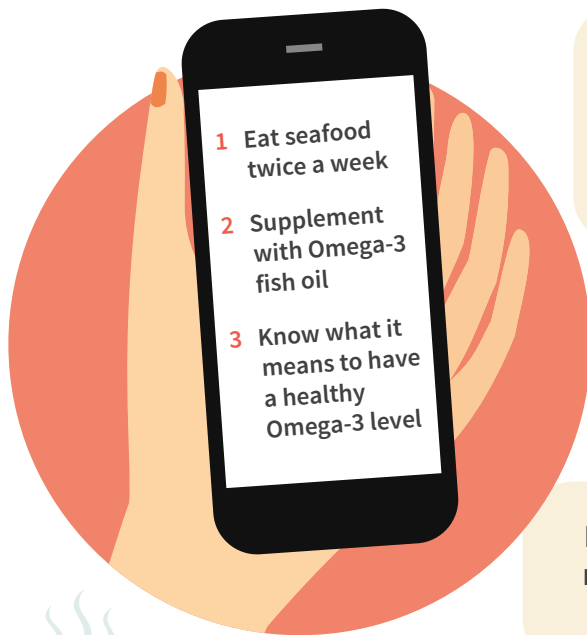
A third of the brain's key functional units are made up of Omega-3 fatty acids.

## Prominent studies show that...



-  Moms who ate seafood twice a week had babies with higher IQ and improved brain and eye development.
-  Children who ate seafood and supplemented with Omega-3s had improved attention span and fewer adverse behavioral outcomes.
-  Moms should make sure to eat seafood or take Omega-3 supplements when breastfeeding or make sure the infant formula is fortified with Omega-3 DHA.

## Increasing Your Intake Is As Easy As 1,2,3.



- 1 Eat seafood twice a week
- 2 Supplement with Omega-3 fish oil
- 3 Know what it means to have a healthy Omega-3 level

Eating seafood twice a week is recommended by the USDA/HHS Dietary Guidelines for Americans and has been shown to **reduce the risk of dying from heart disease by 36%**.

There are now **smaller capsules** available. Vegetarians can take **Omega-3 capsules made from algae!**

Having an Omega-3 level of 8% or more **reduces your risk of sudden cardiac death by 90%** compared with an Omega-3 level of 2-3%.



**Only 1 in 10 Americans follow the USDA/HHS Dietary Guidelines to eat seafood twice a week. Let's change that!**



Take the Seafood Nutrition Partnership's Healthy Heart Pledge and learn more about the health benefits of seafood and omega-3s here: [www.seafoodnutrition.org](http://www.seafoodnutrition.org)

**#Seafood2xWk #Omega3s**

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### SOURCES:

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