When kids eat at least two servings of fish, such as canned tuna, each week, **THE BENEFITS ARE BIG:**

### BRAIN-BOOSTING

It’s especially important to eat the recommended amount of fish up until age 2 because this is the most rapid time of development. After age 2, fish is still important for brain development. The omega-3 fatty acids found in fish are brain food for young brains. Canned tuna has 150–300 mg of EPA/DHA omega-3 fats per 4 ounce serving.

### EYE WELLNESS

Moms who eat two servings of fish weekly during pregnancy can improve their baby’s eye health. While eating fish won’t lead to “X-Ray Vision” it can help with the healthy development of young eyes.

### HEALTHY HEARTS

Eating fish helps prevent heart disease and stroke later in life. Developing the habit of eating fish early in life sets a child up for a lifelong healthful seafood habit.

Between the soft texture and the delicious taste, fish *could* be every kid’s favorite food! **HERE ARE SOME TIPS FOR HELPING KIDS ENJOY FISH:**

### LIGHTER TASTES

Start with milder white fish like tilapia or canned tuna, which can taste and look lighter than other oilier fish. Try mixing tuna with full-fat or reduced-fat plain Greek yogurt; the extra creaminess will make it taste less ‘fishy’ for a tuna fish sandwich—or dip served with tortilla chips.

**RESOURCE:** Pan White Fish Video

### IT’S BURGER TIME

Like a crab cake, form a burger patty with chunks of cooked or canned salmon, along with grated cooked potatoes, chopped green onions and the ‘pizza herb’ dried oregano.

**RESOURCE:** Salmon Cake Video

### ADD CRUNCH APPEAL

Kids are sure to love fish sticks. They can be prepared quickly and in a healthy way right at home.

**RESOURCE:** Fish Sticks Video

### MAKE FISH FAMILIAR

Tacos are definitely kid-friendly. You can try shrimp or a white fish taco for your next meal. Add fat-free or low-fat cheese and sour cream—yummy! You’re simply adding it to a dish they already love!

**RESOURCE:** Fish Taco Video

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**SOURCES:**


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). www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm