SNP is a 501(c)3 nonprofit whose mission is to inspire a healthier America through partnerships that raise awareness about the essential nutritional benefits of eating seafood.

**HEALTHY HEART PLEDGE**

**WHY YOU SHOULD TAKE THE PLEDGE**

- **Knowledge**: Eating seafood is one of the best, easiest ways to a healthier heart. With the Seafood Nutrition Partnership (SNP) Healthy Heart Pledge you are choosing to eat #SEAFOOD2XWK.

**SOURCES**:
- 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). Accessed 8/24/15: http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm.

**#HEALTHYHEARTPLEDGE #SEAFOOD2XWK**

**TAKE THE PLEDGE AT SEAFOODNUTRITION.ORG**

Eat seafood at least twice a week for healthier hearts, healthier brains & better nutrition.

**TAKE THE PLEDGE AT SEAFOODNUTRITION.ORG**

**#HEALTHYHEARTPLEDGE #SEAFOOD2XWK**