An Ocean of Choice

Seafood is not just filled with omega-3s. Seafood includes other vital nutrients optimal for overall health and wellness, such as selenium, iron, vitamin B-6 and B-12, and protein.

So many great seafood options to choose from, they each offer a unique nutrient profile. Here are just a few highlights:

- **CLAMS** have more vitamin B-12 per serving than any other food — 1,868% of the daily value, to be exact. B-12 keeps nerves and blood cells healthy, balancing mood and fighting fatigue.

- **COD** is the leanest protein available, meaning the protein to calorie ratio beats out any other food. That could be why Dwayne “The Rock” Johnson eats it as his main protein — averaging 253 oz. of cod a week!

- **LOBSTER** is a tasty way to get a boost of thyroid-boosting iodine. A 100-gram serving of the crustacean provides 100 micrograms of the essential mineral, or 67% of the recommended daily intake.

- **OYSTERS** are pumping iron, well, at least they are providing it in abundance. A serving has 60% of your daily needs — or if you’re just enjoying an appetizer, it’s about 4% DV for each oyster.

- **SALMON** is helping fight American’s Vitamin D deficiency with 100% of your daily “sunny D.” Swordfish is also really high in this bone-strengthening vitamin, which is naturally present in very few foods.

- **SARDINES** boast 43% of your daily value of calcium, because of the tiny, edible bones, plus another whopping 169% of your daily vitamin B-12, 85% of selenium and 56% of phosphorus.

- **SHRIMP** is a lean protein and a great source of selenium (80% DV) and iodine (30%), which are both helpful in thyroid support, and a healthy thyroid supports a healthy metabolism.

Statistics based on 4 oz. servings. Data from USDA Nutrient Database.