

SEAFOOD ALL ABOUT THE PROTEIN



Seafood is an animal protein packed with nutritious benefits and associated with positive health outcomes.

Let's take a closer look at the daily protein recommendation for all ages and explore ways seafood can be included into your weekly diet. Remember, the recommendation is to include seafood in the diet at least twice a week.

DAILY PROTEIN FOODS TABLE

DAILY RECOMMENDATION*		
CHILDREN	2-3 years old	2 ounce equivalents
	4-8 years old	4 ounce equivalents
GIRLS	9-13 years old	5 ounce equivalents
	14-18 years old	5 ounce equivalents
BOYS	9-13 years old	5 ounce equivalents
	14-18 years old	6½ ounce equivalents
WOMEN	19-30 years old	5½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
MEN	19-30 years old	6½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5½ ounce equivalents

SELECTION TIPS:

- **Select seafood that is rich in omega-3 fatty acids**, such as salmon, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel.
- **Canned seafood** is an affordable and quick option.
- **Try a variety of seafood and explore the delicious tastes** that are available.

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

WHAT COUNTS AS AN OUNCE-EQUIVALENT IN THE PROTEIN FOODS GROUP?

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.

Knowing the portion sizes and having a few tips could help you meet the recommendation.

	Amount That Counts As 1 Ounce-Equivalent in the Protein Foods Group	Common Portions and Ounce-Equivalents
SEAFOOD	1 ounce cooked fish or shellfish	<ul style="list-style-type: none"> • 1 can of tuna, drained = 3 to 4 ounce equivalents • 1 salmon steak = 4 to 6 ounce equivalents • 1 small trout = 3 ounce-equivalents

SOURCE: www.choosemyplate.gov/protein-foods