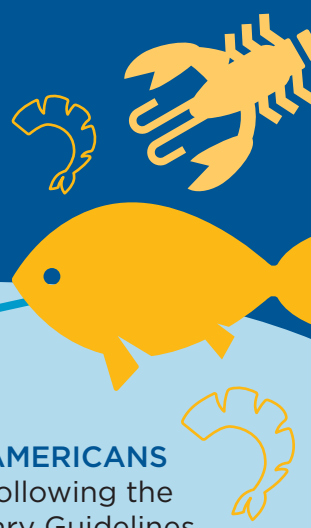


SEAFOOD FOR THOUGHT DELICIOUS, YET UNDER-CONSUMED



The 2015-2020 Dietary Guidelines recommend eating at least **TWO SERVINGS OF A VARIETY OF SEAFOOD EVERY WEEK.**



HEART DISEASE is the leading cause of death in America.

ONLY 10% OF AMERICANS are following the Dietary Guidelines recommendation to eat seafood twice a week—at least 8 ounces.

WAYS TO CLOSE THE GAP



Swapping seafood for protein sources like red meat or poultry can make your recipes lower in fat and a healthier option. You can simply take your favorite dishes (pasta, salad, sandwiches, etc.) and **add seafood as the protein at least twice a week.**



Seafood is paired well with nearly any food group and can be a part of a balanced meal. By making appropriate and delicious pairings, it helps to encourage consumption of fruits, vegetables, and whole grains.



HERE IS AN EXAMPLE FOR YOU:

SEAFOOD WITH FRUIT
Skewer with Salmon + Pineapples



SEAFOOD WITH A FRUIT AND VEGETABLE
Skewer with Salmon + Pineapples + Green Peppers



SEAFOOD WITH A FRUIT, VEGETABLE, AND WHOLE GRAIN
Skewer with Salmon + Pineapples + Green Peppers + Brown Rice



RESOURCE: Go Fish!

Here are additional protein-packed ways to eat according to the Dietary Guidelines:



BREAKFAST: 2 ounces **smoked salmon**, **whole wheat bagel thin**, 1 ounce **reduced-fat cream cheese**



LUNCH: 3 ounces **shrimp** served over 1 cup **brown rice** with a variety of **vegetables**



DINNER: 4-ounce **salmon fillet** with **tomato sauce** and 1 cup **whole wheat pasta**



SNACK: 1 **pouch tuna**, 6 **whole grain crackers**, **cucumber slices**

SOURCE: U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at health.gov/dietaryguidelines/2015/guidelines/.



#Seafood2xWk

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