

# A SUPER FOOD *for you and your family*

DID YOU KNOW SEAFOOD is one of the leanest sources of protein and a super food packed with nutrients such as [OMEGA-3s](#) which are essential for your health?

- Eating seafood while you're expecting can [help your baby's](#) brain development, including boosting IQ on average 5.8 points.<sup>2</sup>
- Adults who eat seafood regularly have better [memory](#) and [live an average of 2.2 years longer](#).<sup>3</sup>
- Seafood is delicious, versatile, budget-friendly and fast to prepare.



## MOST SEAFOOD *can be prepared in just 15 minutes or less*

making it easy to say "yes!" to your health. . .

- ASK YOUR LOCAL GROCER what seafood is in-season and remember [frozen or canned seafood is just as healthy](#) as fresh seafood, and is a tasty, cost-effective alternative.
- BE ADVENTUROUS WHEN DINING OUT. Many restaurants have [healthy seafood options](#) on the menu. Try a new seafood dish the next time you go out to eat.
- TAKE THE [PLEDGE](#) TO EAT SEAFOOD TWICE A WEEK and learn more about the health benefits of seafood at [SeafoodNutrition.org](#)

# Seafood for Health

ALL THE REASONS YOU NEED

Eating seafood 2-3 times a week reduces your risk of death from any health-related cause by 17%.<sup>1</sup>



**SEAFOOD  
NUTRITION  
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[seafoodnutrition.org](#)

# #Seafood2xWk *Pledge*

I pledge to eat two servings of seafood each week.

I recognize seafood is a healthy choice for me and my family. It is one of the leanest proteins with a variety of nutrients beneficial to heart and brain health.

By pledging to eat at least two servings of sustainable seafood each week as recommended by leading health organizations and supplement with omega-3s, I know I will help me and my family improve our health.

Being healthy is something you can be happy about. Go ahead and do something special for you and your family today.

## Easy Recipes

### WHAT YOU'LL NEED:

- 1 lb. salmon, cut into 1/2 inch cubes
- 1/4 cup cherry tomatoes, halved
- 1 cup pineapple, cubed
- 2 cups cooked brown rice
- 1 lemon
- Kosher salt, freshly ground pepper, and paprika (To taste)
- 8 skewers

### MAKE IT:

1. Coat salmon with topping of kosher salt, freshly ground pepper, paprika or any desired spice.
2. Slide piece of salmon onto skewer, then tomato, then fruit. Repeat 3 times on each skewer (or until skewer is full).
3. Heat 1/2 cup of canola oil in large skillet over medium-high heat for one minute.
4. Place skewers in pan and turn every 2 minutes a side. Squeeze lemon on skewers as they are cooking.
5. To serve, place 1/2 cup rice on plates with 2 skewers on top. Squeeze a hint of lemon, if desired.

Sign up to receive more healthy recipes for any day of the week at [seafoodnutrition.org](http://seafoodnutrition.org)



SERVES 4

### HEARTY SALMON SKEWERS

### MUSSELS IN GARLIC BROTH



SERVES 4

### WHAT YOU'LL NEED:

- 1 tsp. olive oil
- 4 garlic, cloves sliced
- 2 Tbsp. onions, white or yellow, chopped
- 2 lbs. mussels, cleaned
- 1/2 lemon, juiced
- 1/2 tsp. basil, dried
- 1/2 tsp. thyme, dried
- 1/4 cup clam juice (optional)
- 2-14.5 oz. canned tomatoes, chopped
- 2 Tbsp. butter, unsalted
- Salt and pepper, to taste

### MAKE IT:

1. Heat large pot with olive oil and sliced garlic and onions.
2. When aroma is released, add mussels.
3. Add lemon juice, herbs and clam juice (optional), and gently toss.
4. Add tomatoes. Cover and simmer over medium heat until mussels are steamed open, generally 3 to 6 minutes.
5. Remove pot from heat. Discard unopened mussels.
6. To finish mussels, add butter and swirl to make broth thicker.
7. Optional: Serve with crusty bread for dipping in broth.

## KNOW THE FACTS *and improve your health*

Sign up for monthly notifications about seafood health facts and recipes.

Share your story! Has seafood already changed your life for the better? We'd love to hear about it so you can inspire others.

Like us on [Facebook](#) and follow us on [Pinterest](#), [Twitter](#), and [Instagram](#) for more recipes and inspiration.



SNP is a 501(c)3 nonprofit proud to partner with organizations committed to a healthier America. Visit [seafoodnutrition.org](http://seafoodnutrition.org) to find out how you can get involved.

[1] Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. JAMA. 2006; 296:1885-99. [2] FAO/WHO (2011). Report of the Joint FAO/WHO Expert Consultation on the Risks and Benefits of Fish Consumption. Rome, Food and Agriculture Organization of the United Nations; Geneva, World Health Organization. [3] Tan MD, MPH, Z.S. Red blood cell omega-3 fatty acid levels and markers of accelerated brain aging. Neurology. 2012; 78: 9 658-664.

Do all of this by visiting [seafoodnutrition.org](http://seafoodnutrition.org)



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