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.²
- Adults who eat seafood regularly have better memory and live an average of 2.2 years longer.³
- 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%.¹
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

HEARTY SALMON SKEWERS

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.

MUSSELS IN GARLIC BROTH

WHAT YOU’LL NEED:
• 1 tsp. olive oil
• 4 garlic, cloves sliced
• 2 Tbsp. onions, white or yellow, chopped
• 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.

Sign up to receive more healthy recipes for any day of the week at seafoodnutrition.org

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.

Do all of this by visiting seafoodnutrition.org

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