Seafood includes vital nutrients needed for overall health and wellness, such as iron, B-6, B-12, selenium, and protein.

The fats found naturally in seafood, omega-3s EPA and DHA, are essential to our health. On average, Americans consume only 80 of the recommended 250-500mg of omega-3s EPA+DHA per day.

PROMINENT STUDIES SHOW THAT...

• 7 out of 10 premature deaths in the US are preventable through diet and lifestyle changes¹ - like adding omega-3s to your diet.

• Eating seafood two to three times per week reduces the risk of death from any health-related cause by 17 percent.²

• Older adults with highest fish consumption lived an average of 2.2 years longer.³

• Children who ate seafood and supplemented with omega-3s had improved attention span and fewer adverse behavioral outcomes.⁴

• Moms who ate seafood twice a week had babies with higher IQ and improved brain and eye development.⁵

• Leading health organizations recommend Americans eat seafood at least twice a week.⁶