Regular fish consumption is associated with significantly greater longevity and improved quality of life as we age, according to a 2018 NIH-AARP study.¹

Seafood consumption is associated with:

**Women**
- 38% lower Alzheimer’s Disease mortality
- 10% lower cardiovascular disease (CVD) mortality
- 8% lower total mortality

**Men**
- 37% lower chronic liver disease mortality
- 20% lower respiratory disease mortality
- 10% lower CVD mortality
- 6% lower cancer mortality
- 9% lower total mortality

This study, which followed 421,309 American seniors for 16 years, found even modest consumption of fish, around 1-2 servings per week, was associated with significant reductions in risk for death by cardiovascular, respiratory, liver and cancer diseases. How the fish was prepared also made a difference; while eating all fish is healthful, the greatest impact on long-term health was associated with eating non-fried fish.

As we age, it’s important to keep our bodies and our brains nourished and strong. Seafood can play a central role in maintaining health as we age. Lean protein, healthy fats, and the vitamins and minerals naturally occurring in fish all provide valuable nutrients our bodies need. Research shows people who regularly consume fish live an average of 2.2 years longer than those who don’t eat fish.¹

- **Eating fish is associated with better brain health and better cognitive function as we age.** A 2019 analysis showed 60-80 year olds who consumed an average of 250 mg of omega-3s per more, which is about 2-3 servings per week, scored significantly better on three indicators of cognitive decline.²

A recent meta-analysis, which assessed 27,000 people, found that eating fish regularly was associated with a 20% lower risk for Alzheimer’s type dementia. Specifically, adding a 3.5 ounce serving of fish per week was associated with an additional 12% reduction in risk for Alzheimer’s type dementia.³,⁴ People who eat fish are also less likely to experience depression.⁵,⁶

- **Eating fish may help you stay biologically younger.** A genetic marker of biological age (telomeres), which combines both genetic factors and environmental stressors, indicates that mature adults who consume more omega-3 fats are younger and have healthier hearts than those who do not consume much omega-3 in their diets.⁷,⁸

- **Once we reach middle-age, muscle mass declines and is associated with a higher risk of falling, disability, longer hospital stays and the inability to carry out routine activities in older age. Healthy intake of lean protein, omega-3s, calcium and vitamin D as found in fish can help maintain muscle strength, prevent muscle loss and reduce our risk of falling as we age.⁹,¹⁰ One study of seniors using approximately 3 grams of EPA and DHA omega-3s from fish oil per day showed significant increase in muscle mass and muscle strength.¹¹**

- The documented life-long health benefits from regularly eating fish are expanding. For example, eating fish is associated with less risk for Metabolic Syndrome, dry eyes, and non-alcoholic fatty liver.¹²,¹³