

Seafood for Life

A DIVE INTO HEALTHY AGING



Regular fish consumption is associated with significantly greater longevity and improved quality of life as we age, according to a 2018 NIH-AARP study.³

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.



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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 or 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.^{9,10,11}** 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.¹²
- 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.^{13,14,15}

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- ¹⁴ Miljanovic B, Trivedi KA, Dana MR, et al. *Am J Clin Nutr*. 2005;82(4):887-893.
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