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

Seafood consumption is associated with lower risk for:

**Women**
- 38% lower Alzheimer’s disease mortality
- 10% lower heart disease mortality
- 8% lower total mortality

**Men**
- 37% lower chronic liver disease mortality
- 20% lower respiratory disease mortality
- 10% lower heart disease 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. While eating all fish is healthful, the greatest impact on long-term health was found 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 aging with good health. 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, on average, at least 250 mg of omega-3s per week from seafood (about 2-3 servings) scored significantly better on three indicators of cognitive health.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.³,⁴**

- **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 seafood is associated with less risk for Metabolic Syndrome, dry eyes and non-alcoholic fatty liver.¹³,¹⁴,¹⁵
Recipe by Chicken of the Sea®
For over 100 years, Chicken of the Sea® has brought you the freshest, best-tasting seafood the oceans have to offer.

Servings: 1
Total Time: 7 minutes

INGREDIENTS:
1 (2.5 ounce) pouch Chicken of the Sea® Albacore or Light Tuna
2 dried apricots, diced
5 Kalamata olives, diced
3 Tbsp. cucumber, finely diced
3 Tbsp. parsley, finely chopped
3 Tbsp. red onion, chopped
2 Tbsp. plain Greek yogurt
Juice of 1 lemon
½ tsp. salt
¼ tsp. fresh ground pepper
2 slices whole grain bread, toasted

INSTRUCTIONS:
1. In a large bowl, mix together tuna, apricots, olives, cucumber, parsley, onion, yogurt, lemon juice, salt and pepper.
2. Stir to mix well. Serve between two slices of toasted bread.

TIP
Make a big batch of this recipe and have on hand for family meals, or to make quick lunches throughout the week.

BUDGET-FRIENDLY SEAFOOD
Delicious seafood comes at all price points. Eating more seafood doesn’t have to be expensive. Some quick tips to find a great deal:

- **Check seasonality** – for example, fresh Alaskan salmon is cheaper in early summer when the fish are running. (Farmed seafood is available yearround.)
- Many sustainable species can be found at great deals – look for flounder, perch, tuna and Pacific or Alaskan cod, pollock and rockfish, for example.
- **Buy in bulk and freeze**. Fresh and frozen seafood often come in “family pack” size – just freeze fresh fish within a couple days.
- **Check the weekly sales and clip coupons** – or seek out digital coupons on apps such as Ibotta – to save.

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