

# Love Your Heart

A DIVE INTO SEAFOOD & CARDIOVASCULAR HEALTH



Heart disease is the leading cause of death in America. Fortunately, many risk factors are things we have control over – such as our food and lifestyle choices. Making nutritious food choices and working in physical activity throughout the day are two excellent ways to help keep your family's heart beating strong.

**Did you know that eating seafood twice a week could help to improve your omega-3 levels and reduce your risk for cardiovascular disease? Just a simple shift in your eating pattern can put you on a positive path to improve your heart health.**

Seafood is a very important part of a healthy diet. Fish and shellfish are the major sources of healthful omega-3 fats and are also rich in nutrients such as vitamin D and selenium, high in protein, and low in saturated fat. There is strong evidence that eating fish or taking fish oil is good for the heart and blood vessels.<sup>1</sup>

In 2018, the American Heart Association assembled top researchers to review the latest evidence on seafood and heart health, and the conclusion: keep saying yes to fish twice a week for heart health.<sup>2</sup>

“We conclude that **1 to 2 seafood meals per week be included to reduce the risk of congestive heart failure, coronary heart disease, ischemic stroke, and sudden cardiac death**, especially when seafood replaces the intake of less healthy foods.”

**Increased seafood consumption is associated with lower risk of sudden cardiac death** and a beneficial role on triglycerides, blood pressure, endothelial function and inflammation.<sup>2,3</sup>

## HOW DOES FISH FIGHT HEART DISEASE?

The omega-3 fats in fish protect the heart against the development of erratic and potentially deadly cardiac rhythm disturbances. They also lower blood pressure and heart rate, improve blood vessel function, and, at higher doses, lower triglycerides and may ease inflammation.

The strong and consistent evidence for benefits is such that the American Heart Association, Dietary Guidelines for Americans, and World Health Organization recommend seafood at least twice a week, aiming to take in an average of 250-500 mg daily of omega-3s EPA and DHA. Higher intakes of 1 gram and above are supported for a range of cardiovascular benefits.

## 4 TIPS TO COOKING HEART HEALTHY

- 1. Select fish as your lean protein option.** Fill up the rest of your plate with healthy fruits, vegetables and whole grains.
- 2. Consider cooking with healthy fats.** Opt for unsaturated fats such as olive oil in moderation during meal preparation, and swap avocado for mayonnaise where you can.
- 3. Try healthier cooking methods** like grilling, poaching, roasting, broiling, and pan-searing.
- 4. Use fresh herbs, spices, and citrus** in place of added salt to enhance food with bold flavors.

For more tips from USDA MyPlate on cooking heart healthy, visit [seafoodnutrition.org/10-heart-health-tips](https://seafoodnutrition.org/10-heart-health-tips)



For more ways to increase your seafood intake, visit our website or follow us on social media.

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[seafoodnutrition.org](https://seafoodnutrition.org)

# TROUT ALMONDINE

Recipe by Chef Kelly Armetta

Servings: 4  
Prep Time: 3 minutes  
Cook Time: 15 minutes  
Total Time: 18 minutes

## INGREDIENTS:

2 Tbsp. olive oil  
1 lb. trout fillets  
Salt & pepper to taste  
2 Tbsp. flour  
1 cup green beans, canned or frozen  
2 oz. almond slices  
2 Tbsp. butter, unsalted  
1 Tbsp. Worcestershire sauce  
1 lemon, juiced  
½ tsp. parsley, dried

## INSTRUCTIONS:

1. Heat oil in pan on medium-to-high heat.
2. Salt and pepper trout and dredge with flour. Shake off extra flour.
3. Place trout into heated pan with oil and cook for 4 to 5 minutes on each side.
4. Meanwhile heat green beans in microwave for 2 minutes on High or until cooked.
5. Place beans on plate and place cooked trout on top.
6. Using the same pan, add almond slices to pan and lightly toast.
7. Add butter and Worcestershire sauce, heat sauce until foam starts.
8. Add lemon juice and parsley.
9. Pour over fish and spoon almonds on top.



## HEART FACT

**Heart disease is 80-90% preventable with proper diet, exercise and lifestyle modifications.**<sup>4,5</sup>

**Eating approximately one to two servings of fatty fish a week reduces the risk of dying from heart disease by 36%.<sup>6</sup>**



## HEART HEALTHY SEAFOOD PAIRINGS

Look for recipes that incorporate these perfect pairings, which make it easy to create a heart healthy dish for your family.

- Beans, peas and lentils
- Fruits and vegetables
- Whole-grain breads, hot cereals and pasta, brown rice, barley
- Nuts such as almonds, walnuts, pecans and hazelnuts

<sup>1</sup> Fish: Friend or Foe? Harvard T.H. Chan School of Public Health, The Nutrition Source. <https://www.hsph.harvard.edu/nutritionsource/fish>. Accessed 2020.

<sup>2</sup> Rimm EB, et al. Seafood Long-Chain n-3 Polyunsaturated Fatty Acids and Cardiovascular Disease: A Science Advisory From the American Heart Association. *Circulation*, 2018;138:e35-e47.

<sup>3</sup> Albert CM, et al. Blood Levels of Long-Chain n-3 Fatty Acids and the Risk of Sudden Death. *N Engl J Med* 2002; 346:1113-1118.

<sup>4</sup> McGill HC, et al. Preventing Heart Disease in the 21st Century. *Circulation*, 2008;117:1216-1227.

<sup>5</sup> World Health Organization Global Strategy on Diet, Physical Activity and Health. [https://www.who.int/dietphysicalactivity/media/en/gsf\\_general.pdf](https://www.who.int/dietphysicalactivity/media/en/gsf_general.pdf).

<sup>6</sup> Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. *JAMA*. 2006; 296:1885-99.