In a single year, Alaska salmon can migrate up to 10,000 miles — that’s like going all the way across the continental U.S. and back, twice!

Sustainable seafood is a win-win
Healthy for kids,
Healthy for the planet.
EATING SEAFOOD
2X PER WEEK:

Builds a HEALTHY BRAIN!

Builds a HEALTHY HEART!

Builds STRONG BONES AND MUSCLES!

WHY FISH?

BIG YUMS + BIG BRAINS
Fish makes your brain bigger, literally! Your brain is nearly 60% fat, and omega-3 fatty acids found in seafood are among the most crucial molecules that determine your brain’s ability to perform.

NEW FAVES + BETTER GRADES
Kids who eat fish at least once per week may do better in school.
Seafood’s omega-3s help kids’ brains develop, leading to higher IQs and improved reading and spelling skills. Plus, children who consume more seafood have less anxiety and better focus.

CLEAN PLATES + HEALTHY EYES
Nearly half of our eyes’ light-detecting cell structure is made up of omega-3s.

When kids eat at least two servings of seafood each week, the benefits are big. Fish and shellfish supply the nutrients, vitamins and omega-3s essential for strong bones, brain development, and healthy immune and cardiovascular systems. Seafood Nutrition Partnership offers suggestions for helping children do their best in the classroom and beyond. Learn more at seafoodnutrition.org/kids

littleseafoodies.com
#LITTLESEAFOODIES

Did you know there are over 500 varieties of seafood available? Find some of the most popular below!

S G U U C Q G N P S S S
S A L M O N T H I H S U
D O C M Q L L N H R W T
S L E S S U M M A I O E
T C Y M T S D S M R U
H U Y I W M C K I P D J
J J B T J A C T H G R
Y W U I L O N J A W I B
G N O L L Q Y L M W S P
A U O L D A O L L U H A
L P O W Q M H C U K V Q
S P V K R O X W L E J X

COD POLLOCK SHRIMP
HALIBUT SALMON SWORDFISH
MAHI MAHI SCALLOPS TUNA
MUSSELS

FUN FACT
The average shrimp has 10 legs.

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