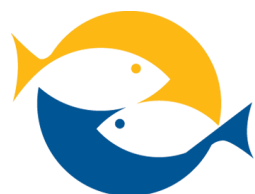


Eating FOR BRAIN HEALTH

Cooking and Nutrition Workshop

SEAFOOD + HEALTHY AGING



**SEAFOOD
NUTRITION
PARTNERSHIP**



SEAFOODNUTRITION.ORG



Eating FOR BRAIN HEALTH

- The human brain is the body's fattiest organ, and docosahexaenoic acid (DHA) is the most abundant fatty acid in the brain.
- DHA is to the brain as calcium is to bones.
- Seafood is the only food rich in omega-3 DHA and EPA, which are needed for our brain development.

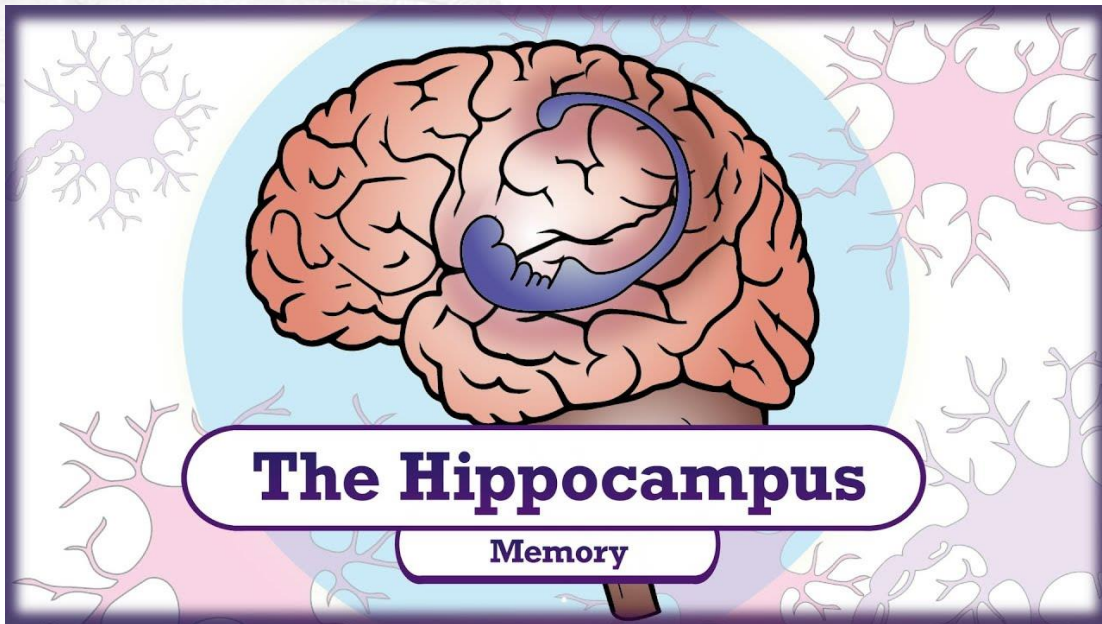




Eating FOR BRAIN HEALTH

- Nutrients in fish can support healthy aging.
- Eating fish is associated with better brain health and better cognitive function as we age.





Eating FOR BRAIN HEALTH

- People who eat fish frequently have 14% larger brain hippocampus – the big memory and learning center.
- If you have a stronger hippocampus, your risk of Alzheimer's is going to go down.

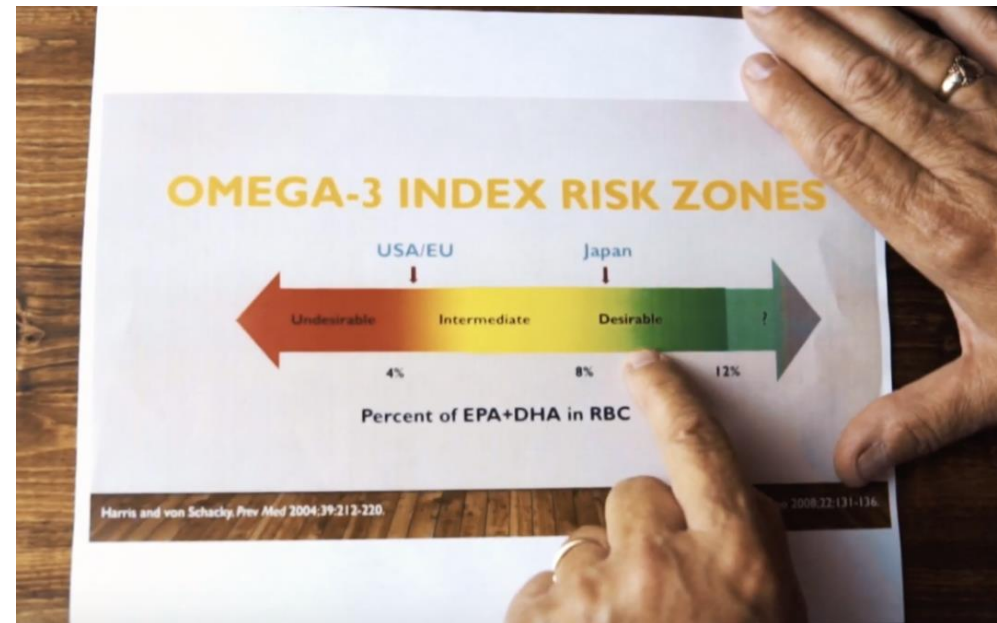




Eating FOR BRAIN HEALTH

Live Longer

Older adults with high blood levels of omega-3 fatty acids live on average 2.2 years longer



Seafood Twice a Week

The Dietary Guidelines for Americans recommend eating at least two servings per week of a variety of seafood.

A FRESH MINDSET

- Start out by keeping seafood on hand! Canned seafood, such as canned salmon, tuna, or sardines, makes for a delicious, easy and healthy meal with minimal food prep.

THINK BEYOND THE FILLET

- Try salmon burgers, shrimp stir fry, fish tacos or clams with pasta. Eat the foods you already enjoy and jazz it up with seafood!

JAZZ UP THE FLAVOR

- Herbs, herbs, herbs! It's all about the flavor. Fresh herbs like basil, oregano, thyme, and tarragon, not only add a hearty dose of flavor to your fish, they're also packed with healthy antioxidants and vitamins. Get creative!





Eating FOR BRAIN HEALTH

MOROCCAN SARDINE MEATBALLS

From SNP Eating for Brain Health
Nutrition Program
Created By Chef Kelly Armetta, Hyatt
Regency Boston





Eating FOR BRAIN HEALTH

Crab Salad

From SNP Eating for Brain Health
Nutrition Program
Created By Chef Kelly Armetta, Hyatt
Regency Boston

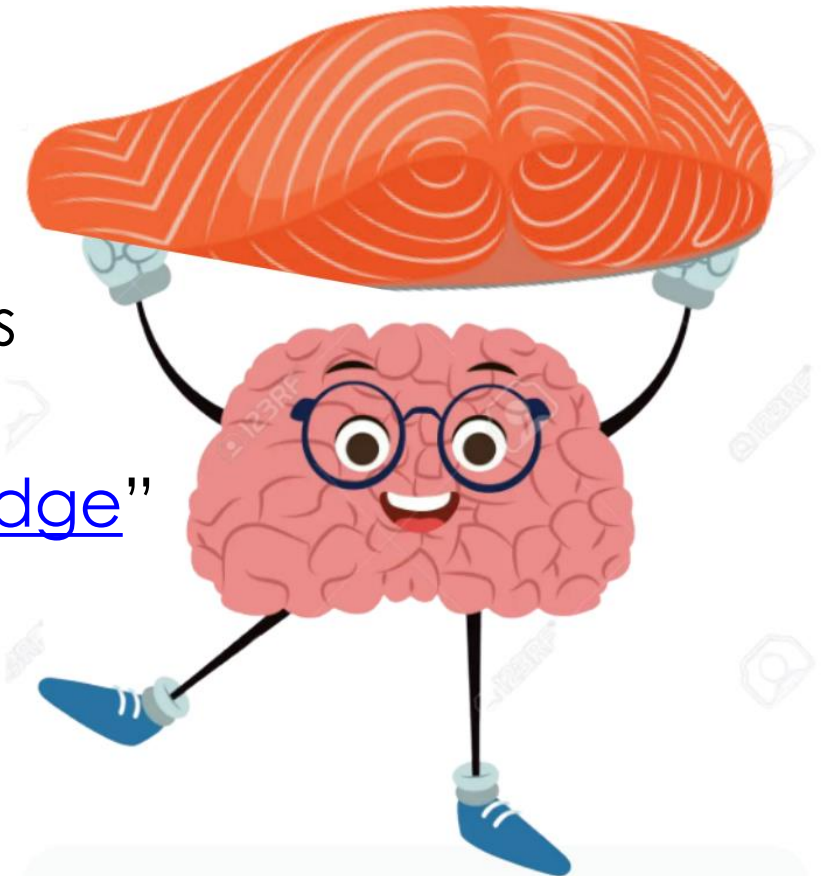




Eating FOR BRAIN HEALTH

Stay Engaged

- [Visit Seafood Nutrition Partnership website](#) for more information and coupons
- Commit to the “[Eating for Brain Health Pledge](#)”
- Learn your Omega-3 Index



SEAFOOD IS BRAIN FOOD

seafoodnutrition.org





Eating FOR BRAIN HEALTH

CERTIFICATE OF EXCELLENCE

is hereby granted to:

Participant Name

for outstanding participation in
EATING FOR BRAIN HEALTH

Completed on _____





Eating FOR BRAIN HEALTH

We thank you for participating
in the

Eating FOR BRAIN HEALTH

Program!



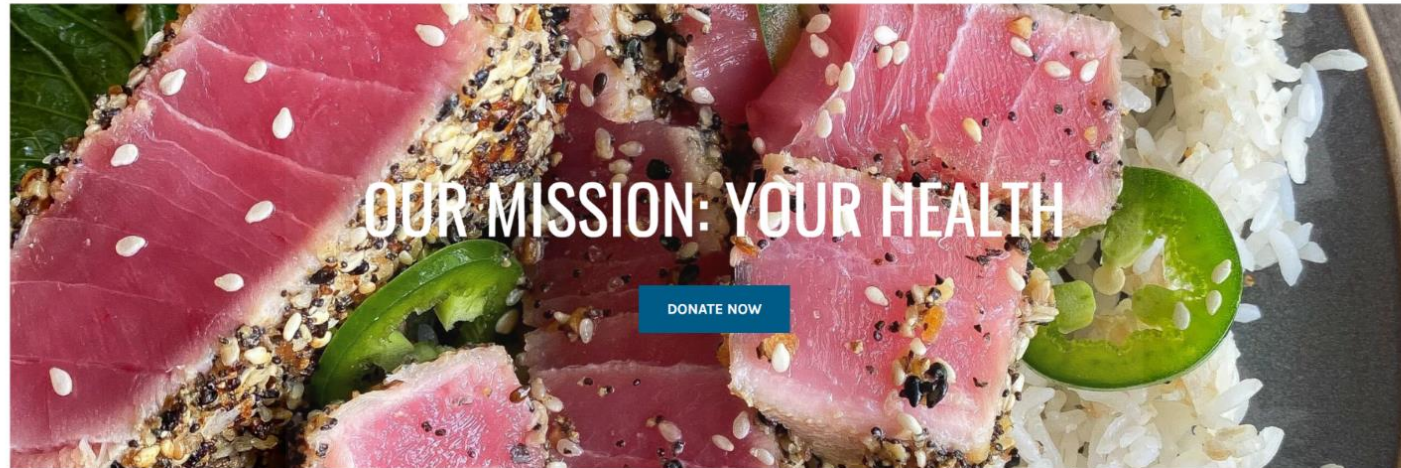


Eating FOR BRAIN HEALTH

For more information and resources please
visit www.seafoodnutrition.org



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SEAFOOD NUTRITION PARTNERSHIP IS A NONPROFIT WORKING TO INSPIRE A HEALTHIER AMERICA
THROUGH PARTNERSHIPS AND OUTREACH TO RAISE AWARENESS ABOUT THE ESSENTIAL NUTRITIONAL BENEFITS OF EATING SEAFOOD.

