

# Eating FOR BRAIN HEALTH

Cooking and Nutrition Workshop



**SEAFOOD  
NUTRITION  
PARTNERSHIP**



[SEAFOODNUTRITION.ORG](https://SEAFOODNUTRITION.ORG)



# *Eating* FOR BRAIN HEALTH

## Program Survey

Please take a moment to complete the online survey.

[Eating Brain Healthy Session One Workshop](#)



# *Eating* FOR BRAIN HEALTH

## Topics Covered

- Brain Health
- Seafood Nutrition
- Simple Seafood Recipes





# Eating FOR BRAIN HEALTH

## Brain Health

- The brain is what makes us human.
- The brain is made up of fats, mostly omega-3 DHA.
- As calcium is to the bones, DHA is to the brain.
- The brain relies on a supply of omega-3 DHA and EPA.

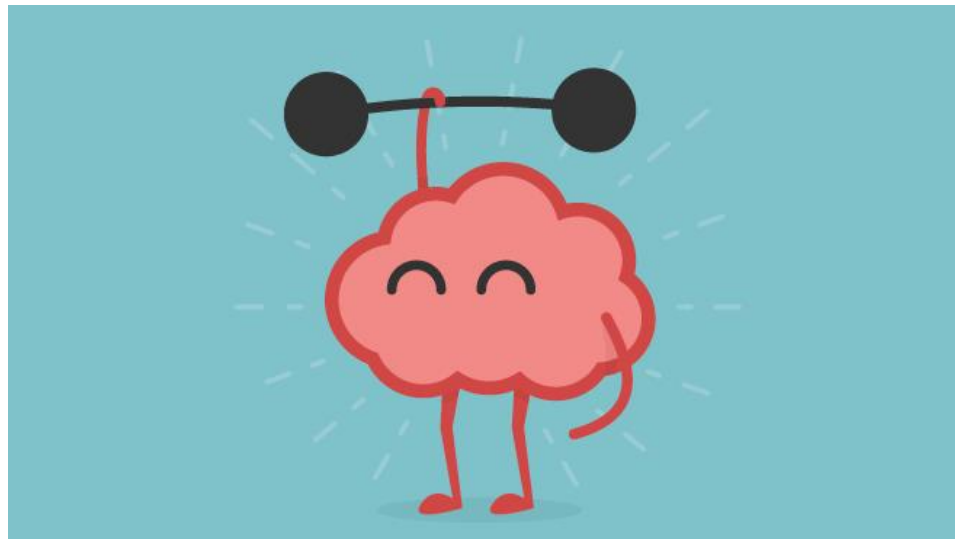




# Eating FOR BRAIN HEALTH

## Why is Taking Care of our Brain Important?

- Just like your car needs gas to run, our brain needs fuel to function properly.
- We have to feed our brain the right foods to produce “feel good” chemicals







# Eating FOR BRAIN HEALTH

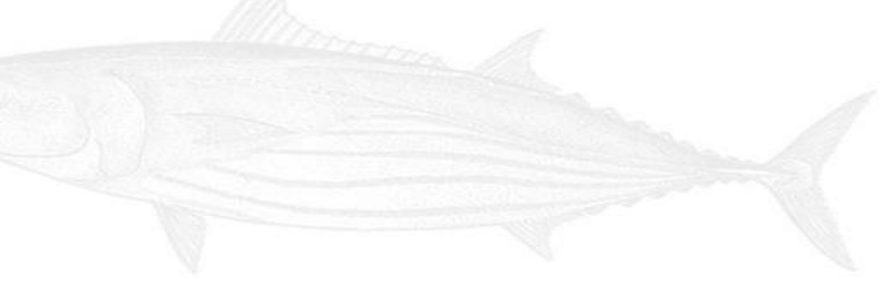
## What if We Neglect our Brain?

- Our brain gets hungry!
  - Mood Disorders
  - Depression
  - Lower IQ
  - Smaller memory and learning center in the brain
  - Overall: A sad and hungry brain



**It's important to keep our brain healthy!**





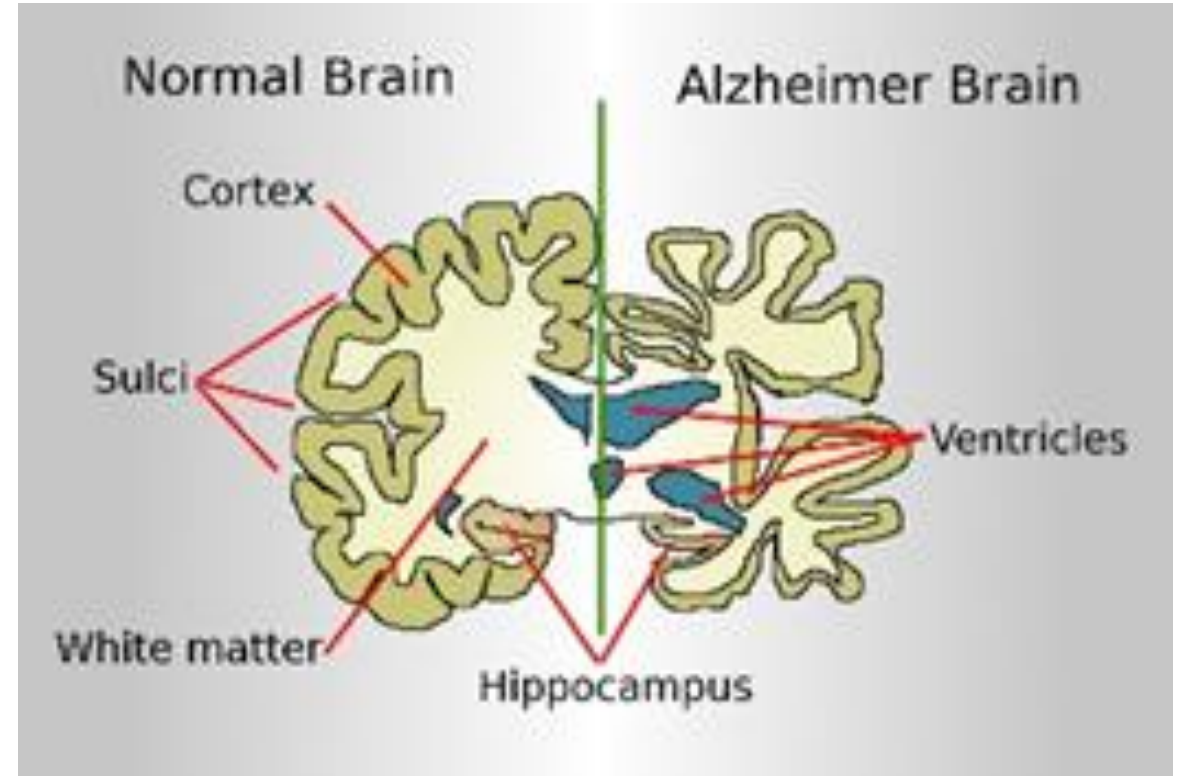
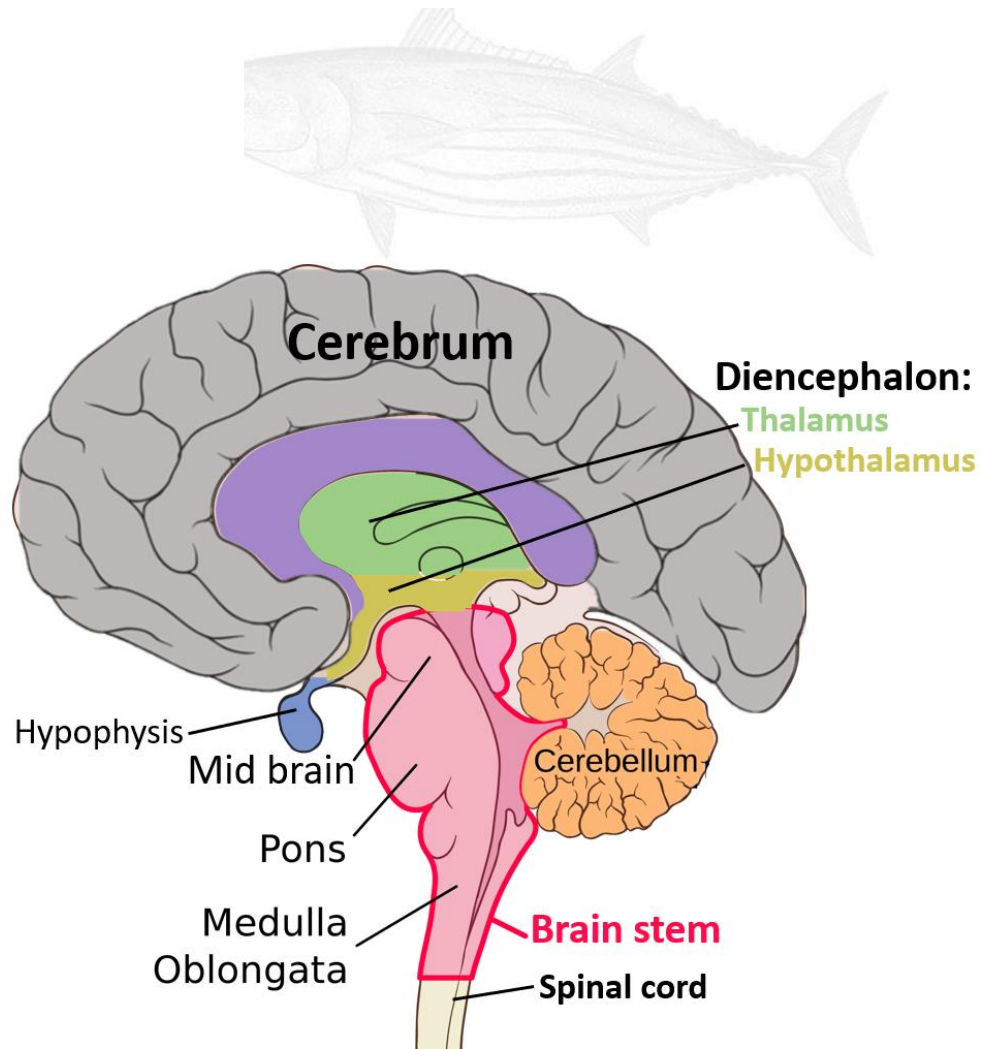
# Eating FOR BRAIN HEALTH

Seafood is an important part of the diet.

Seafood is the only food rich in omega-3 DHA and EPA.



# Eating FOR BRAIN HEALTH







# *Eating* FOR BRAIN HEALTH

## Seafood is Like a Multivitamin for the Brain

Aim for  
Seafood 2x/week!





# *Eating* FOR BRAIN HEALTH

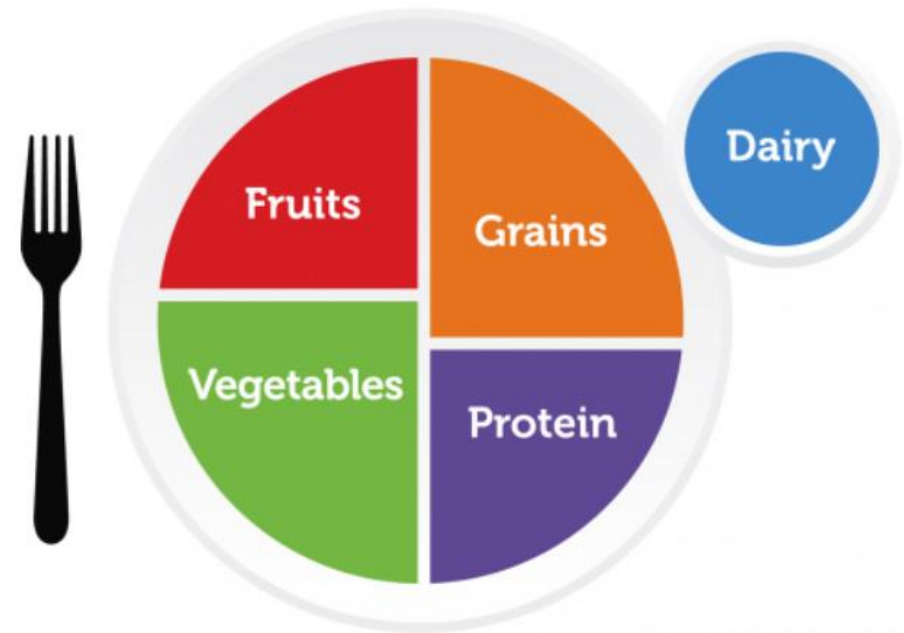
## When Building Meals, Use the Plate Method

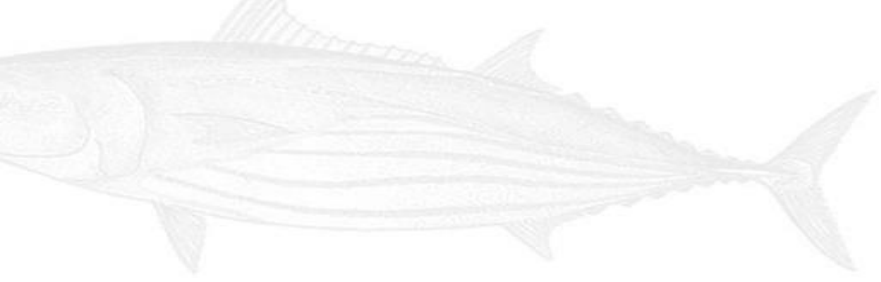
Make half your plate fruits and vegetables.

Make half your grains whole grains.

Vary your protein routine: Hello Seafood!

Consider lower fat dairy options



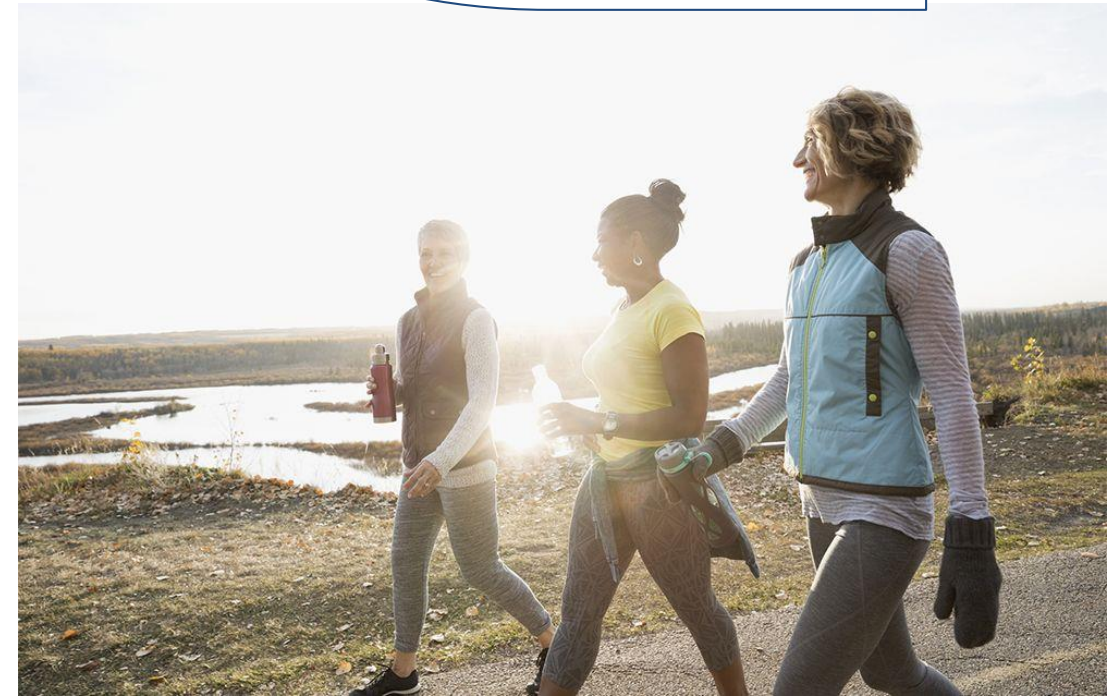


# Eating FOR BRAIN HEALTH

## Also Important!

- Adequate sleep
- Social Health
- Exercise
- Stress Management
- Proper Hydration
- Health Maintenance

Balance is key! Avoid an all or nothing mindset. Small steps add up to big changes!

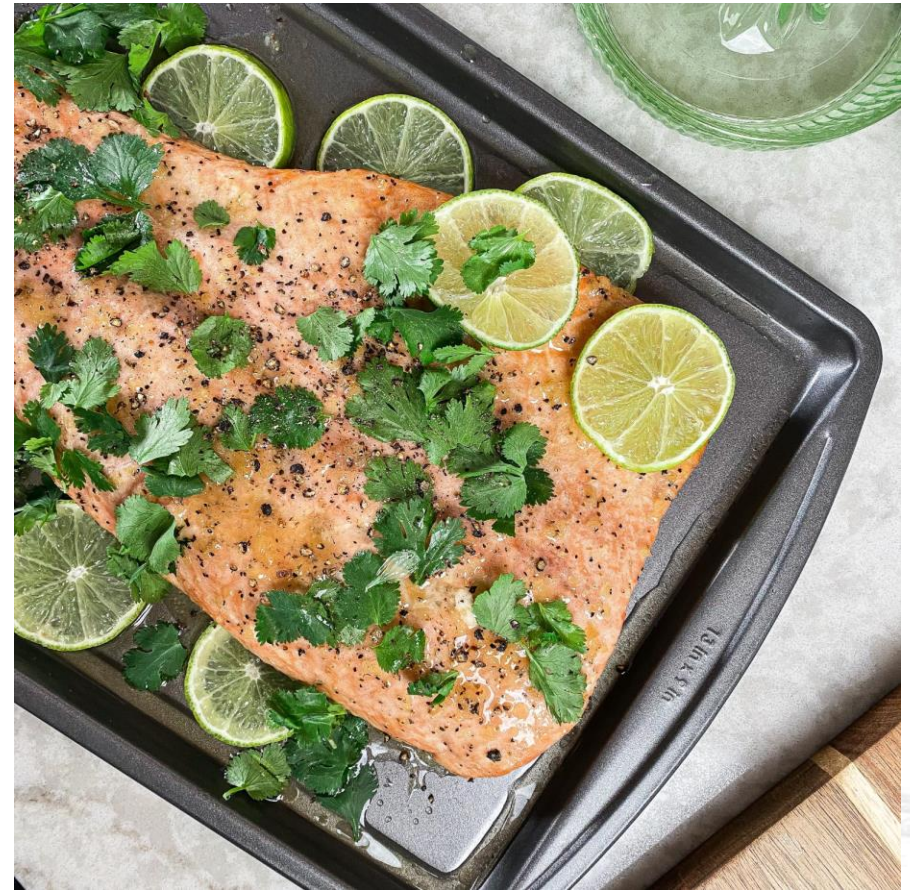




# Eating FOR BRAIN HEALTH

## When Buying Seafood

The majority of grocery stores and restaurants in the U.S. have a responsible seafood sourcing policy in place.







# Mercury, What You Need to Know

## The Ultimate Guide to Making Smart Seafood Choices



**Eat seafood with confidence. The real risk is not eating enough.**

Here are a few facts about seafood requirements versus mercury risks, what science shows about safe limits, what fish and shellfish you should choose and what to avoid too much of.

### ADVICE FOR MOMMAS

**Omega 3s** are beneficial to everyone, but they are **extremely important to pregnant moms for infant brain development**. The "best" choices may boost IQ scores 5.8 points!<sup>4</sup>

*Recommended*  
**8-12 oz**  
Amount of seafood USDA, FDA & EPA say **women who are pregnant or breastfeeding should eat each week**.<sup>3,5</sup>

*Actual*  
**1.8 oz**  
Amount of seafood the average mom-to-be eats weekly in the United States.<sup>5</sup>



### AROUND THE WORLD

**12 times per week**

How often people in the **Seychelles** eat skipjack and yellowfin tuna, wahoo, jacks and barracuda! Researchers have been following kids from before they were born into their 20s, and they found **the more seafood the mom ate, the smarter their kids turned out!**<sup>8</sup>

For sources, please visit us at [seafoodnutrition.org/science](http://seafoodnutrition.org/science).

**90%** Seafood eaten in the U.S. is low in mercury,<sup>2</sup> considered "safe options" by the FDA/EPA, which incorporates a **1,000% uncertainty factor**.



#### Top consumed seafood species in the US

1. Shrimp
2. Salmon
3. Canned Tuna - Skipjack (Light)
4. Canned Tuna - Albacore (White)
5. Tilapia
6. Farmed Catfish, Pangasius, Swai, Basa
7. Alaska Pollock
8. Cod
9. Crab
10. Clams

#### Weekly upper limit before risk<sup>3</sup>

- 1,784 oz (111.5 lbs)
- 853 oz (53 lbs)
- 164 oz (10 lbs)
- 56 oz (3.5 lbs)
- 1,509 oz (94 lbs)
- 1,154 oz (72 lbs)
- 530 oz (33 lbs)
- 223 oz (14 lbs)
- 311 oz (19 lbs)
- 853 oz (53 lbs)



### Binding with Mercury

Seafood also contains selenium, which is needed for our brain and nervous system to function. The mineral protects us from mercury by binding to it.<sup>9,10</sup>

**17 of the top 25 food sources** of selenium in the American diet are seafood.<sup>11</sup> **Yellowfin tuna, halibut and sardines are best choices for selenium ratio.**



**0 is unsafe**



Science shows **Americans are not eating enough seafood** to take in the essential health benefits.

**54,626** Deaths associated with low-seafood consumption!  
per year

### SEAFOOD GUIDELINES

**8 oz** minimum fish and shellfish per week

The recommended amount by the American Heart, Diabetes, Pediatric, Alzheimer's and Psychiatric associations — and many others. [#Seafood2xWk](https://twitter.com/Seafood2xWk)

S M T W T F S

Existing advice on mercury is for pregnant moms and young developing minds — **If it's safe for them, it's safe for you!**

**Farmed seafood is low in mercury**



**Avoid the Predators:** The largest fish with the longest lives — the top of the food chain — tend to have the highest mercury.

**The 7 Fish Pregnant Women Should Limit**

1. Shark
2. Tilefish from the Gulf of Mexico
3. Swordfish
4. King Mackerel
5. Orange Roughy (can live up to 149 years<sup>12</sup>)
6. Marlin
7. Big Eye Tuna (found in some sushi — all canned tuna is SAFE)



# Mercury, What You Need to Know

- The real risk is not eating enough seafood!
- [Check out this short clip for more.](#)

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# Eating FOR BRAIN HEALTH

## Seafood Safety: Storing At Home

- Fish should be kept in the coldest part of the refrigerator below 40°F in its original packaging.
- Shellfish such as clams, oysters, and mussels should be stored in the refrigerator in open containers with clean, damp cloths placed over the shellfish.
- Live lobsters and crabs should be cooked the same day as purchased.
- Raw and cooked seafood should be stored separately.





# Eating FOR BRAIN HEALTH

## Seafood Safety: Cooking

- Cook seafood to an internal temperature of 145°F for at least 15 seconds.
- Properly cooked seafood should be moist and solid color throughout.
- Purchase seafood from retailers that have good quality and cleanliness.





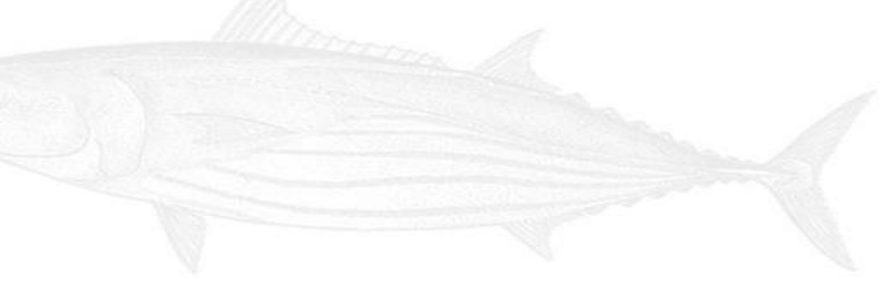


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## Tips to Eat Seafood Twice a Week

- Eat a variety of seafood.
- Keep seafood lean and flavorful.
- Add seafood to a salad, sandwich, or taco.
- Keep seafood on-hand, such as frozen or canned seafood.





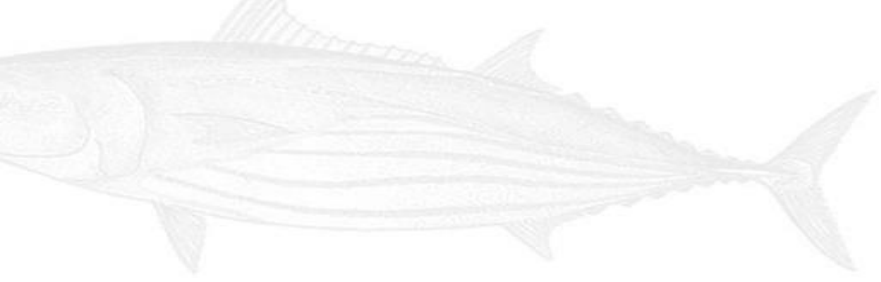
# *Eating* FOR BRAIN HEALTH

## Cooking Videos

Italian Tuna Salad

Salmon Cakes





# *Eating* FOR BRAIN HEALTH

## Italian Tuna Salad

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



[Video Link](#)





# *Eating* FOR BRAIN HEALTH

## Salmon Cakes with Yogurt & Cucumber Sauce

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

[Video Link](#)







# Eating FOR BRAIN HEALTH

## Mindful Movement

Let's do 12 minutes together!

**Warning!**  
Exercise MAY improve mood!

Only participate if you feel it's safe and you are in good health.

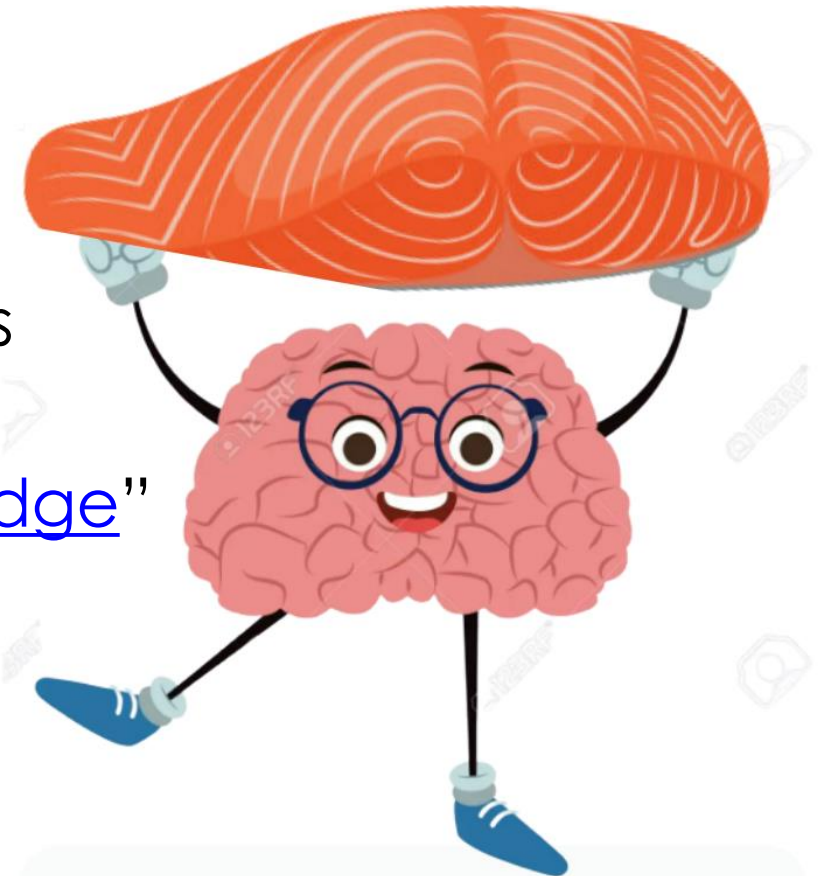




# Eating FOR BRAIN HEALTH

## Stay Engaged

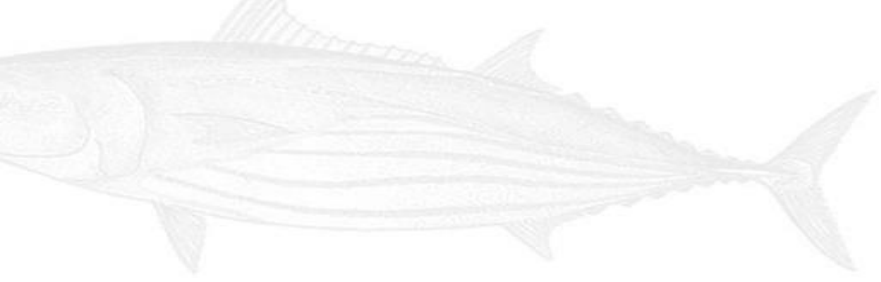
- [Visit Seafood Nutrition Partnership website](#) for more information and coupons
- Commit to the “[Eating for Brain Health Pledge](#)”
- Learn your Omega-3 Index



SEAFOOD IS BRAIN FOOD

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





# *Eating* FOR BRAIN HEALTH

## CERTIFICATE OF EXCELLENCE

is hereby granted to:

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Participant Name

for outstanding participation in  
**EATING FOR BRAIN HEALTH**

Completed on \_\_\_\_\_  
Date





# *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](http://www.seafoodnutrition.org)



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