

# Eating FOR BRAIN HEALTH

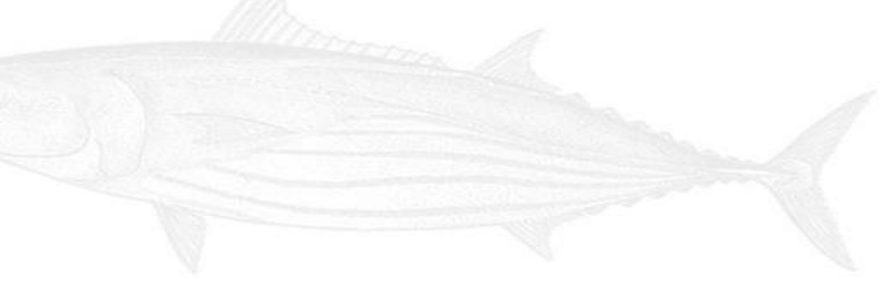
Cooking and Nutrition Workshop



**SEAFOOD  
NUTRITION  
PARTNERSHIP**

SEAFOOD + MENTAL HEALTH

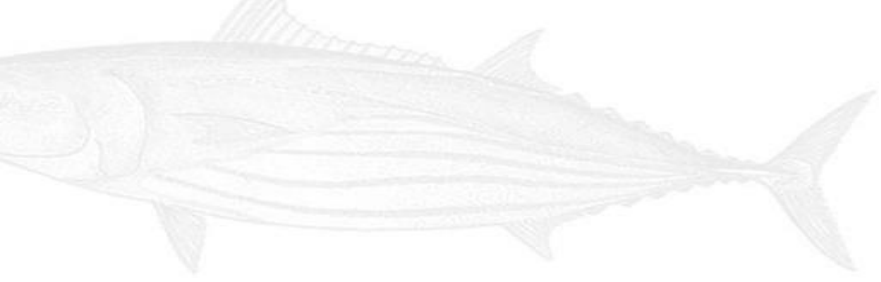
→ [SEAFOODNUTRITION.ORG](https://seafoodnutrition.org)



# 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 mental health.





# *Eating* FOR BRAIN HEALTH

The science shows that fish eaters are 20% less likely to suffer from depression.







# *Eating* FOR BRAIN HEALTH

## What Does Seafood Do For Our Brain?

- Helps improve memory and learning
- Improves mood
- Helps depression medications work better





# Eating FOR BRAIN HEALTH

## Vitamin D

- Most people don't get enough from the sun and vitamin D deficiency is common in people who suffer from depression and anxiety.
- Seafood is one of the only foods that naturally contains this nutrient. Species like salmon, trout, and tuna are good sources.



# Meet the Seafood Twice a Week Goal with These Helpful Tips!

## Eating FOR BRAIN HEALTH

### KEEP SEAFOOD ON HAND

Canned seafood, such as canned salmon, tuna, or sardines, makes for a delicious, easy and healthy meal with minimal food prep. Also, keep frozen fish in the freezer as a cost effective option – you can cook from frozen or thaw fillets in about 15-20 minutes.

### 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, but they're packed with healthy antioxidants and vitamins.

### PUT IT ON A SALAD, GRAIN BOWL OR IN A SANDWICH

Top a salad or grain bowl with canned tuna or salmon or use it for sandwiches in place of deli meats. You can also cook extra of your favorite fish and use the leftovers for another meal or two – a great way to get your seafood twice a week!







# Eating FOR BRAIN HEALTH

## Pecan Crusted Mackerel



You'll Need:

1 cup pecans, ground (can substitute with walnuts)

1 cup bread crumbs

1 Tbsp. parsley, dried

1 lb. mackerel fillets

2 Tbsp. maple syrup

To taste - salt & pepper (S&P)

1/2 cup yogurt, low or non-fat

1 lemon, juiced

To taste - cayenne pepper

[Link to recipe](#)








# *Eating* FOR BRAIN HEALTH

## MUSSELS IN GARLIC BROTH



### *You'll need:*

1 tsp. olive oil  
4 garlic, cloves sliced  
2 Tbsp. onions, white or yellow, chopped  
2 lbs. mussels, cleaned  
1/2 lemon, juiced  
1/2 tsp. basil, dried  
1/2 tsp. thyme, dried  
1/4 cup clam juice (optional)  
2-14.5 oz. canned tomatoes, chopped  
2 Tbsp. butter, unsalted  
Salt and pepper, to taste

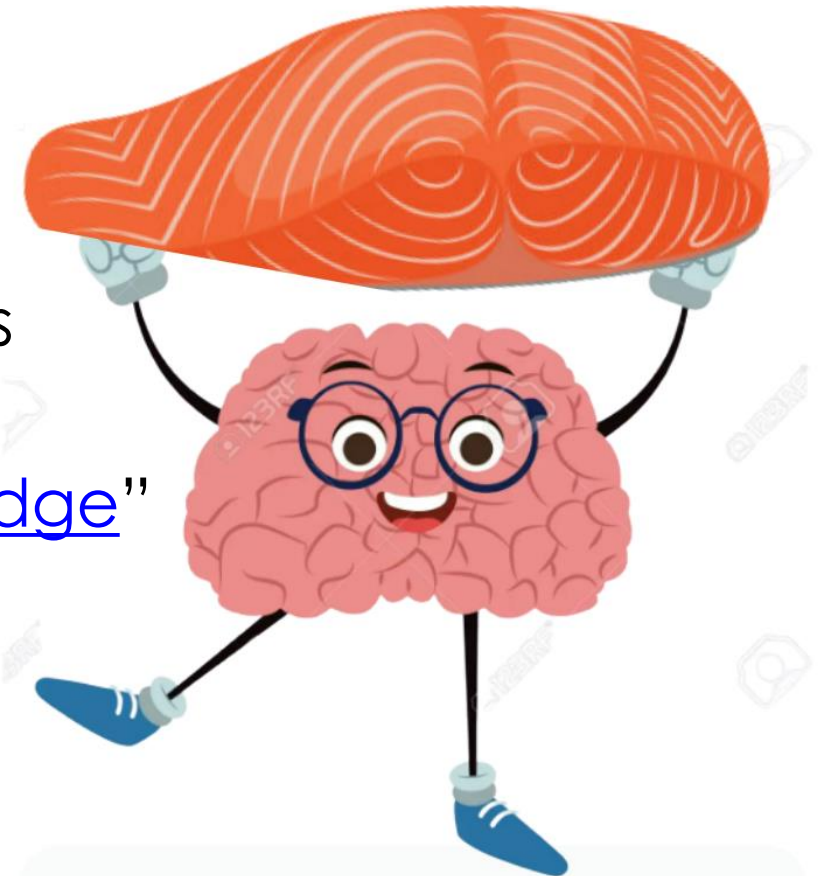




# Eating FOR BRAIN HEALTH

## Stay Engaged

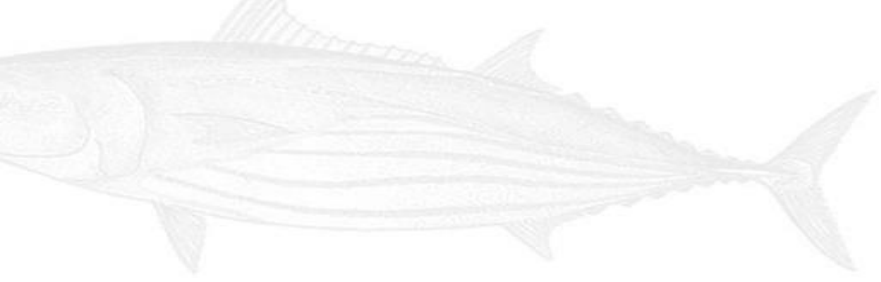
- [Visit Seafood Nutrition Partnership website](#) for more information and coupons
- Commit to the “[Eating for Brain Health Pledge](#)”
- Learn your Omega-3 Index



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 \_\_\_\_\_







# *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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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.

