

Eating FOR BRAIN HEALTH

Cooking and Nutrition Workshop

SEAFOOD + MENTAL HEALTH



**SEAFOOD
NUTRITION
PARTNERSHIP**

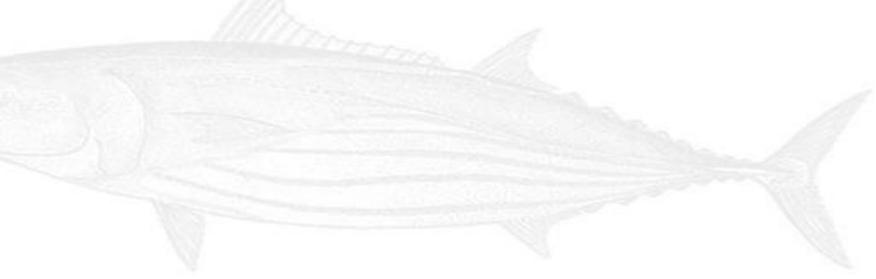
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Eating FOR BRAIN HEALTH

- 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

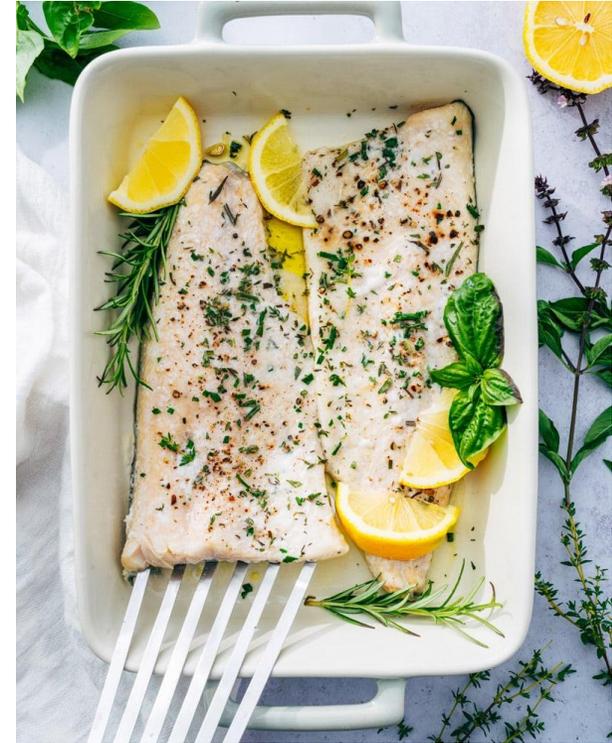
Canned seafood, such as canned salmon, tuna, or sardines, makes for a delicious, easy and healthy meal with minimal food prep. Also, keep frozen fish in the freezer as a cost effective option – you can cook from frozen or thaw fillets in about 15-20 minutes.

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:

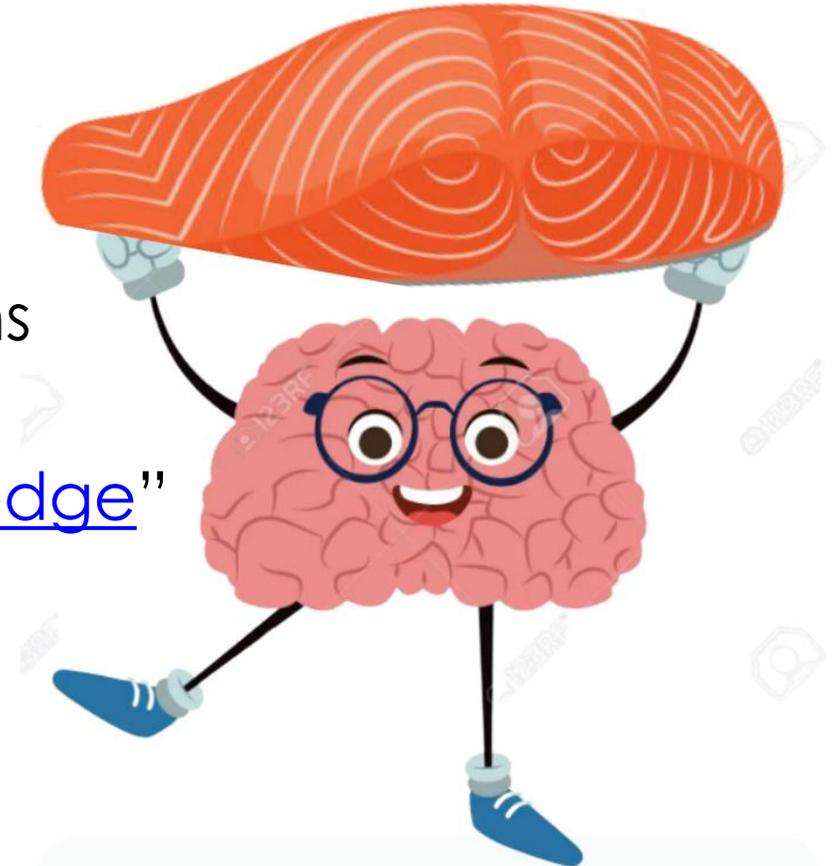
- 1 tsp. olive oil*
 - 4 garlic, cloves sliced*
 - 2 Tbsp. onions, white or yellow, chopped*
 - 2 lbs. mussels, cleaned*
 - 1/2 lemon, juiced*
 - 1/2 tsp. basil, dried*
 - 1/2 tsp. thyme, dried*
 - 1/4 cup clam juice (optional)*
 - 2-14.5 oz. canned tomatoes, chopped*
 - 2 Tbsp. butter, unsalted*
 -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





Eating FOR BRAIN HEALTH

CERTIFICATE OF EXCELLENCE

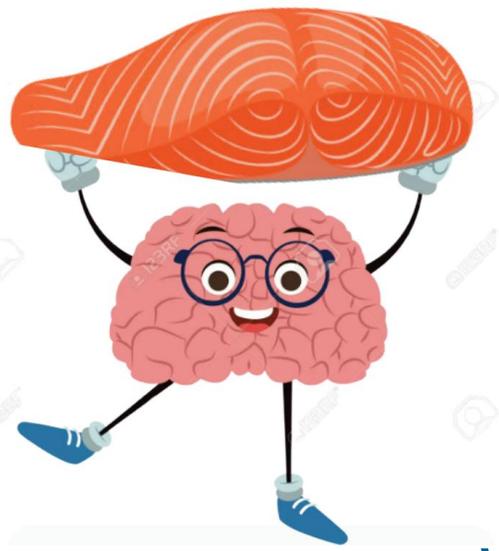
is hereby granted to:

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.

