

Eating FOR BRAIN HEALTH

Cooking and Nutrition Workshop

PREGNANCY AND CHILD BRAIN DEVELOPMENT



**SEAFOOD
NUTRITION
PARTNERSHIP**



[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 babies' brain and eye development.





Eating FOR BRAIN HEALTH

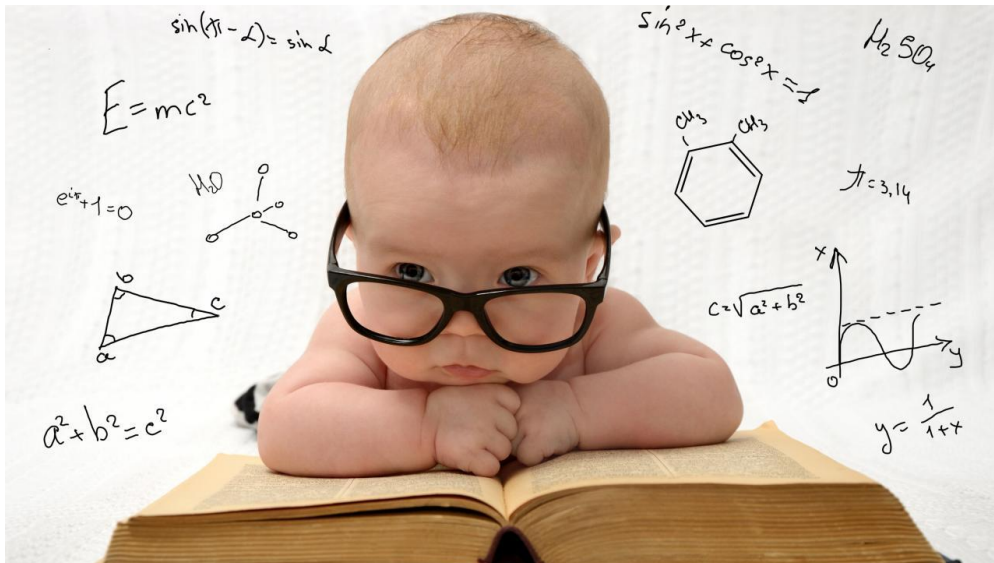
Nutrients in fish can support a child's brain and immune system development.





Eating FOR BRAIN HEALTH

Mothers who eat seafood during pregnancy have children with **higher IQ's** compared to mothers who do not eat seafood.





Eating FOR BRAIN HEALTH

What Does Seafood During Pregnancy Do?

- Babies with a higher IQ
- Improved health for mom
- Reduced risk of pre-term birth
- Reduced stress and distress for new parents



1. MAKE SEAFOOD LOOK FUN

For younger kids, this can simply be visually appealing, like a sandwich shaped like a fish. Maybe it's interactive and they can "play" with their food.

2. DIPPING MEANS YUMMING!

Kids love to dip foods into their favorite condiments, such as ketchup, ranch dressing, and barbecue sauce.

3. DO THE SEAFOOD SWAP!

Replace taco filling with shrimp or swap chicken fingers for breaded fish!

4. TOP IT. KIDS LOVE IT!

Make an avocado and fruit salsa with mango, pineapple, or strawberries to top a fillet.

5. ADD IT TO A FAVE, WATCH 'EM RAVE!

Crab in mac and cheese or top a pizza with shrimp.



Little Ones Love Seafood!

You have a big influence over the family environment where meals take place and the types of foods your children eat.





Eating FOR BRAIN HEALTH

HEARTY SALMON SKEWERS OVER BROWN RICE

All you need:

- 1 lb. salmon, cut into 1/2 inch cubes
- 1/4 cup cherry tomatoes, halved
- 1 cup pineapple, cubed
- 2 cups cooked brown rice
- 1 lemon
- Kosher salt, freshly ground pepper, and paprika (To taste)
- 8 skewers



[Check out the recipe video!](#)



Eating FOR BRAIN HEALTH

Kid's Pizza

[Check out this easy recipe!](#)

All you need:

1 (2.6 oz.) Pouch - Chunk Light Tuna in Water

2 sandwich thins or pita bread, split in half

1/4 cup pizza sauce

1/4 cup shredded Italian cheese blend

Sliced black olives, tomato slices or pepper slices or other vegetables

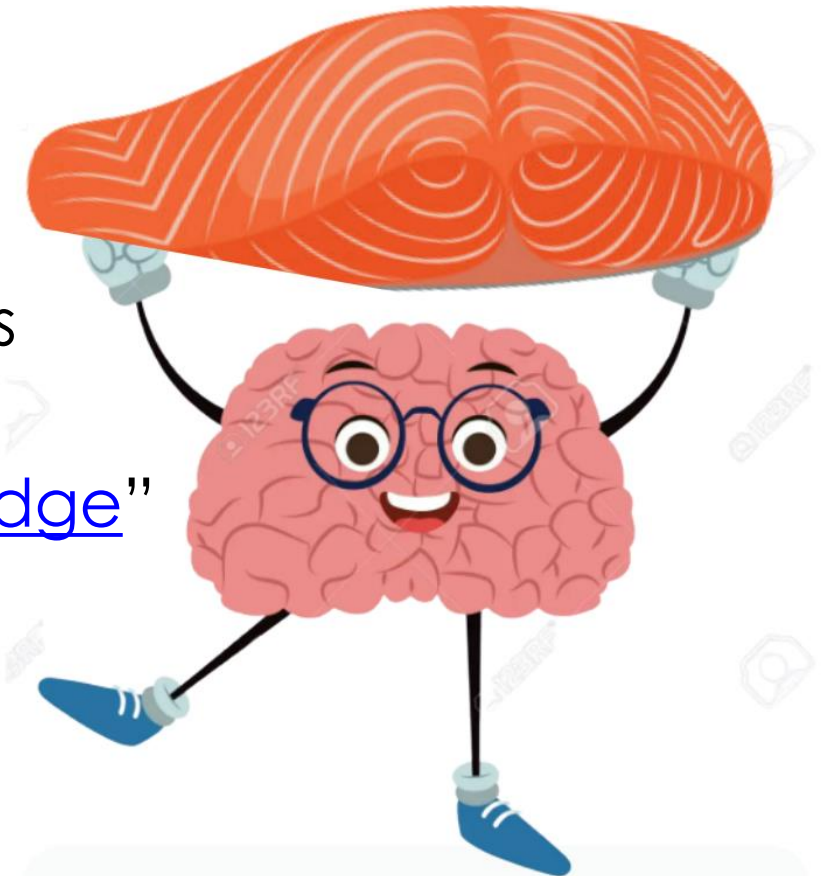




Eating FOR BRAIN HEALTH

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 _____
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



RECIPES SEAFOOD 101 THE SCIENCE RESOURCES NEWS IMPACT OF DONORS DONATE **EAT SEAFOOD AMERICA!** 



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.

