



Eating FOR BRAIN HEALTH

Cooking and Nutrition Workshop



**SEAFOOD
NUTRITION
PARTNERSHIP**

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Eating FOR BRAIN HEALTH

Why 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's DHA and EPA.
- Seafood is the only food naturally rich in omega-3's DHA and EPA, which are needed for our brain development.

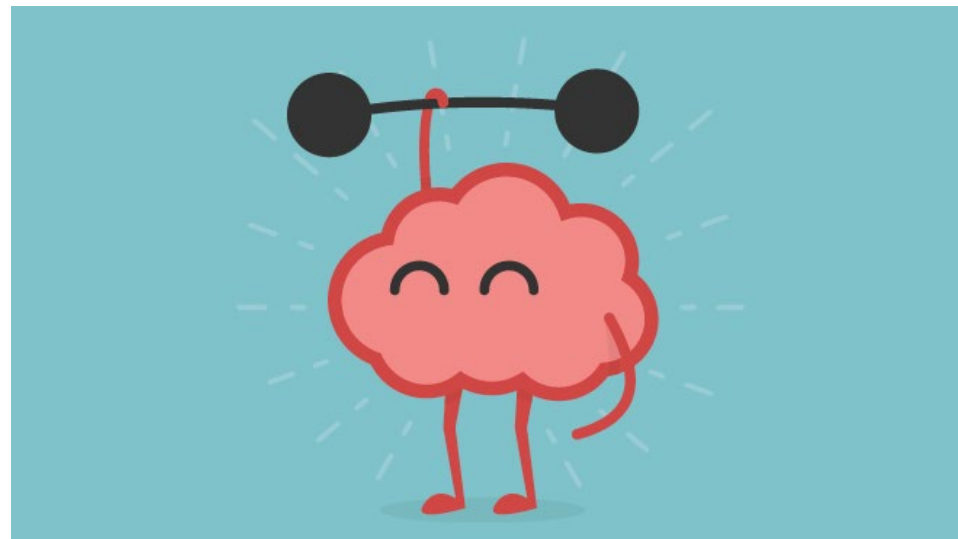




Eating FOR BRAIN HEALTH

Why is taking care of our brain important?

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





Eating FOR BRAIN HEALTH

What if we neglect our brain?

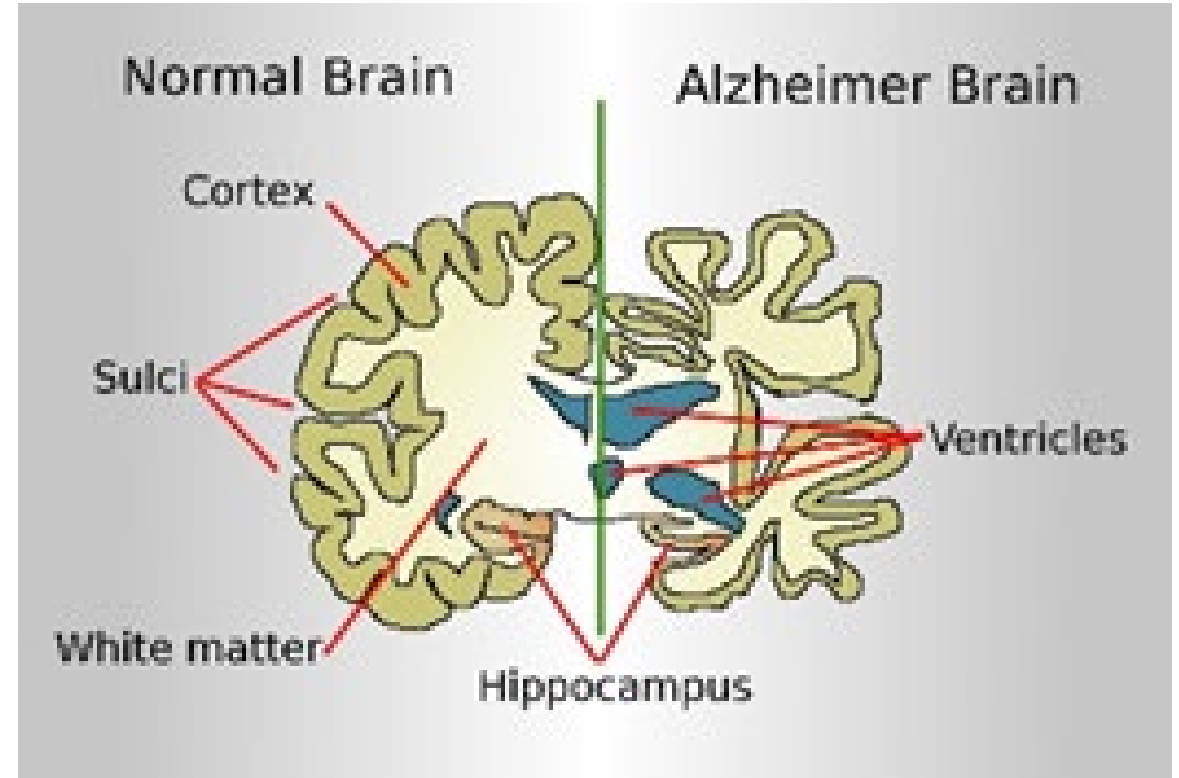
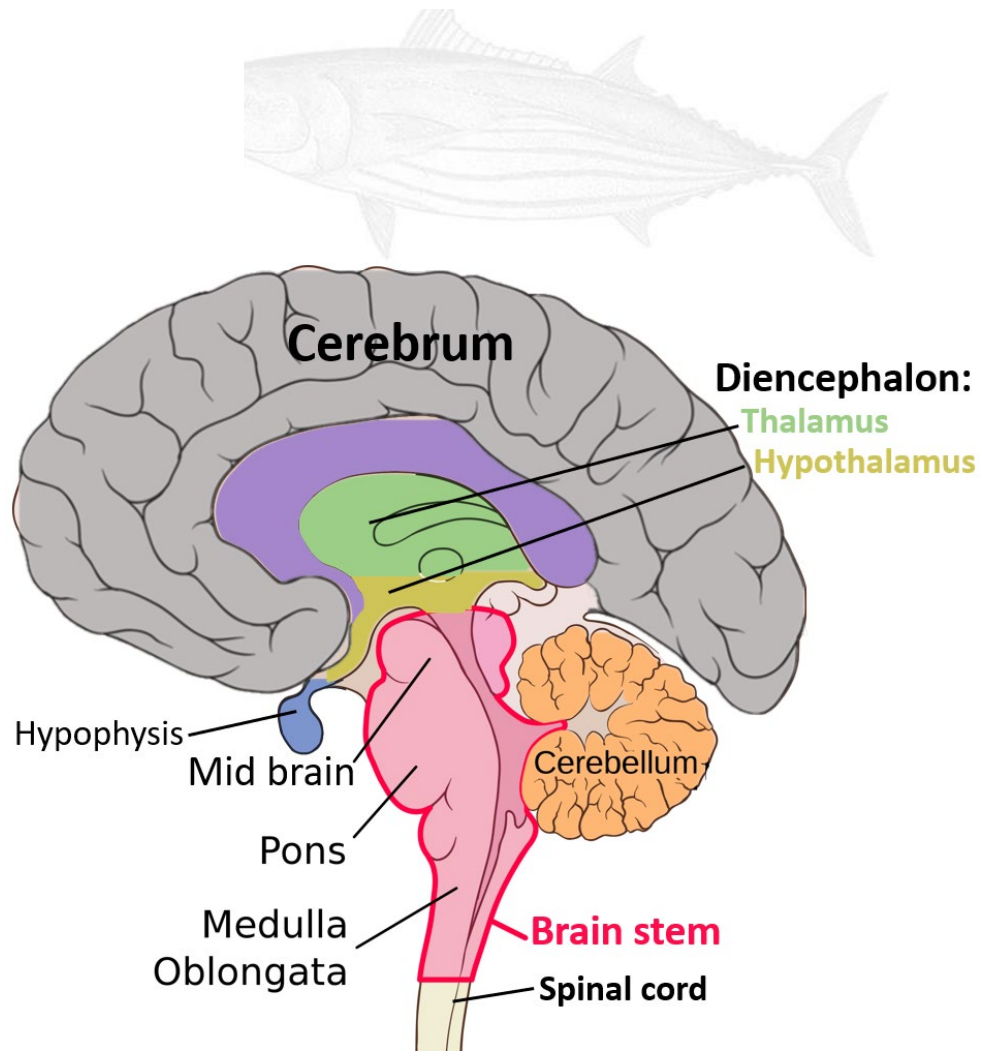
- Our brain gets hungry!
 - Mood Disorders
 - Depression
 - Lower IQ
 - Smaller memory and learning center in the brain
 - Overall: A sad and hungry brain



It's important to keep our brain healthy!



Eating FOR BRAIN HEALTH





Eating FOR BRAIN HEALTH

Seafood is like a multivitamin for the Brain

Aim for
Seafood 2x/week!





Why Eat Seafood?



It's
delicious
and good
for you!



Moms to be who ate
seafood had babies
with higher IQ and
have a 66%
reduction in early
preterm births.



People who
regularly eat fish
are 20% less likely
than their peers to
have depression.



Eating two
servings of fatty
fish a week
reduces the risk of
dying from heart
disease by 30-50%



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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.

ADD IT TO A SALAD, PASTA, SANDWICH, TACOS...EVEN PIZZA

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!



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When Buying Seafood

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





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Seafood Safety: Storing At Home

- Buy frozen fish and shellfish and keep it in your freezer until you are ready to cook it. Frozen seafood is flash frozen at sea to seal in the freshness. Frozen seafood defrosts in under 15 minutes in cold water.
- Buy canned seafood (such as tuna, sardines, salmon, mussels, octopus) and keep it in your pantry to easily add it to your meals.
- Fresh fish should be kept in the coldest part of the refrigerator below 40°F in its original packaging.
- Raw and cooked seafood should be stored separately.





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Seafood Safety: Cooking

- Tip: Cook fish for 10 minutes for every inch thickness of the fish.
- 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.



Let's Cook!

Eating FOR BRAIN HEALTH

HEARTY SALMON SKEWERS OVER BROWN RICE

Ingredients:

- 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!](#)



Let's Cook!



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](#)

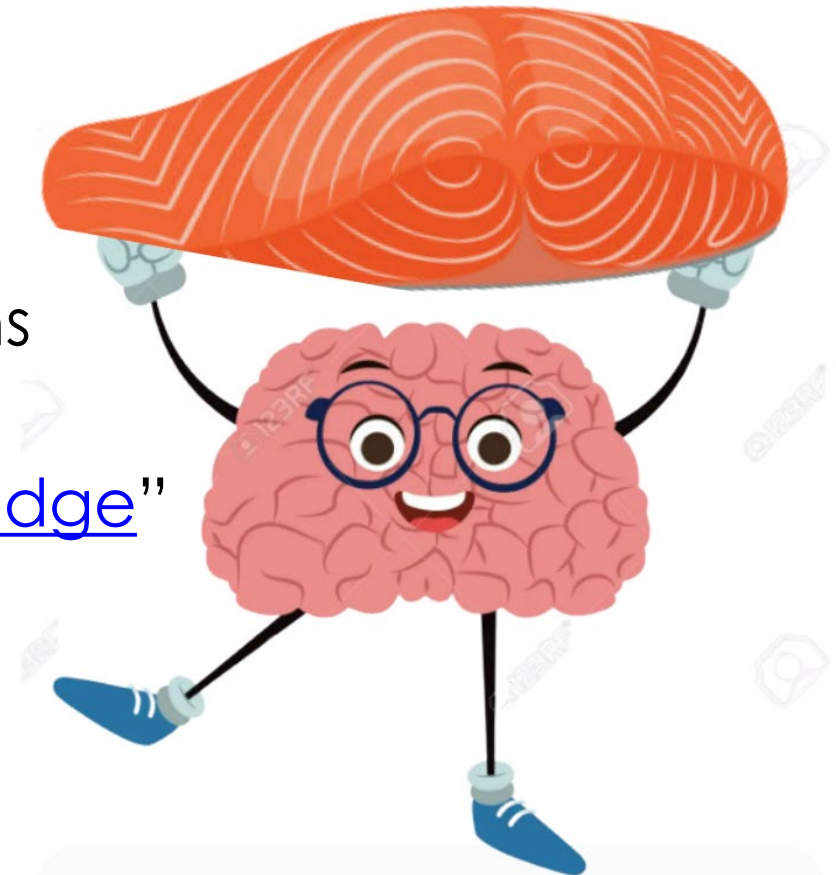




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Stay Engaged

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



SEAFOOD IS BRAIN FOOD

seafoodnutrition.org





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CERTIFICATE OF EXCELLENCE

is hereby granted to:

Participant Name

for outstanding participation in
EATING FOR BRAIN HEALTH

Completed on _____
Date





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We thank you for participating
in the

Eating FOR BRAIN HEALTH

Program!



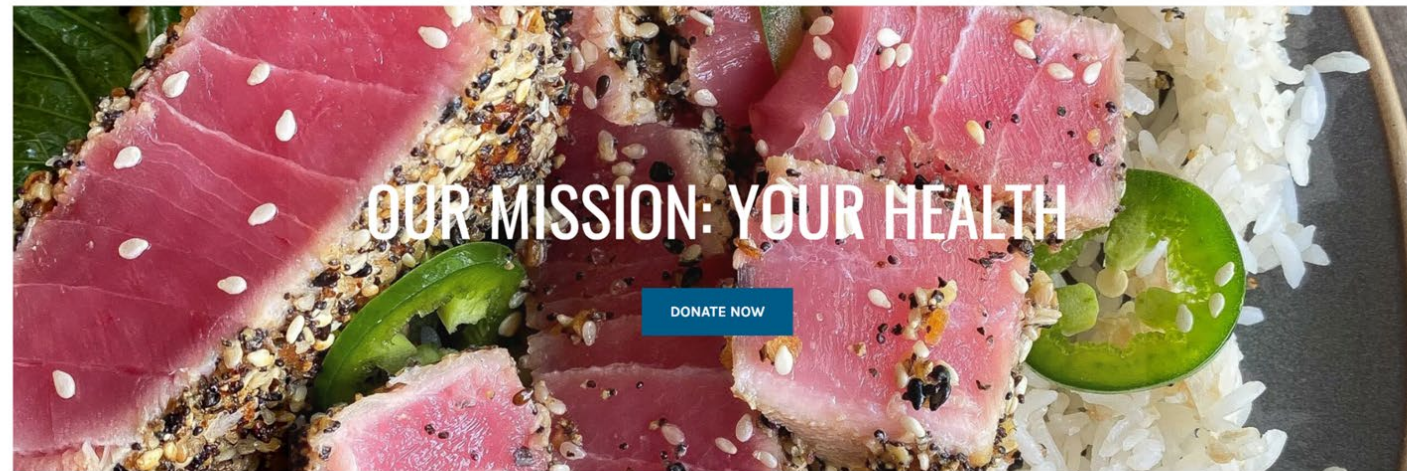


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For more information and resources please visit www.seafoodnutrition.org



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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.





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Program Survey

Please take a moment to complete the online survey.

[Eating Brain Healthy Session One Workshop](#)

