



Eating FOR BRAIN HEALTH

Cooking and Nutrition Workshop

Pregnancy and Child Brain Development



 SEAFOODNUTRITION.ORG



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 what moms eats is important for babies?

- During pregnancy, the baby's brain needs omega-3 DHA to grow a healthy brain and their brain grows the fastest in the 3rd trimester.
- The baby brain will take the omega-3 DHA from the mom, so it is very important that pregnant moms have enough omega-3 DHA before, during, and after pregnancy.





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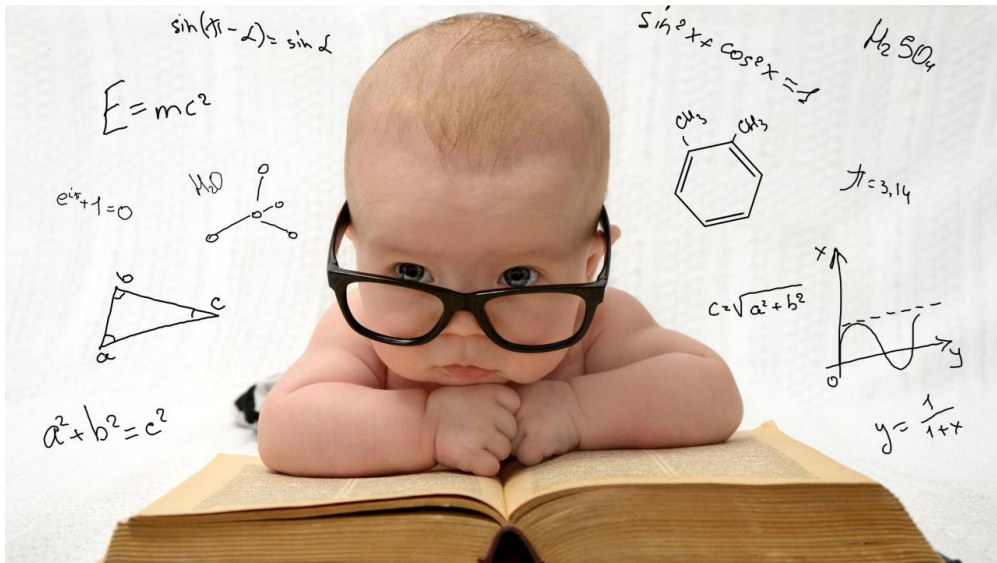
Nutrients in fish can support a child's brain and immune system development.





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





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What does seafood during pregnancy do?

- Babies with a higher IQ
- Improved health for mom
- Reduced risk of pre-term birth by 2/3
- Reduced risk for postpartum depression





Eating FOR BRAIN HEALTH

90% of seafood species eaten in US are low in mercury and good sources of omega-3s.

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



Top consumed seafood species in the US	Weekly upper limit before risk ³
1. Shrimp	1,784 oz (111.5 lbs)
2. Salmon	853 oz (53 lbs)
3. Canned Tuna - Skipjack (Light)	164 oz (10 lbs)
4. Canned Tuna - Albacore (White)	56 oz (3.5 lbs)
5. Tilapia	1,509 oz (94 lbs)
6. Farmed Catfish, Pangasius, Swai, Basa	1,154 oz (72 lbs)
7. Alaska Pollock	530 oz (33 lbs)
8. Cod	223 oz (14 lbs)
9. Crab	311 oz (19 lbs)
10. Clams	853 oz (53 lbs)





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.





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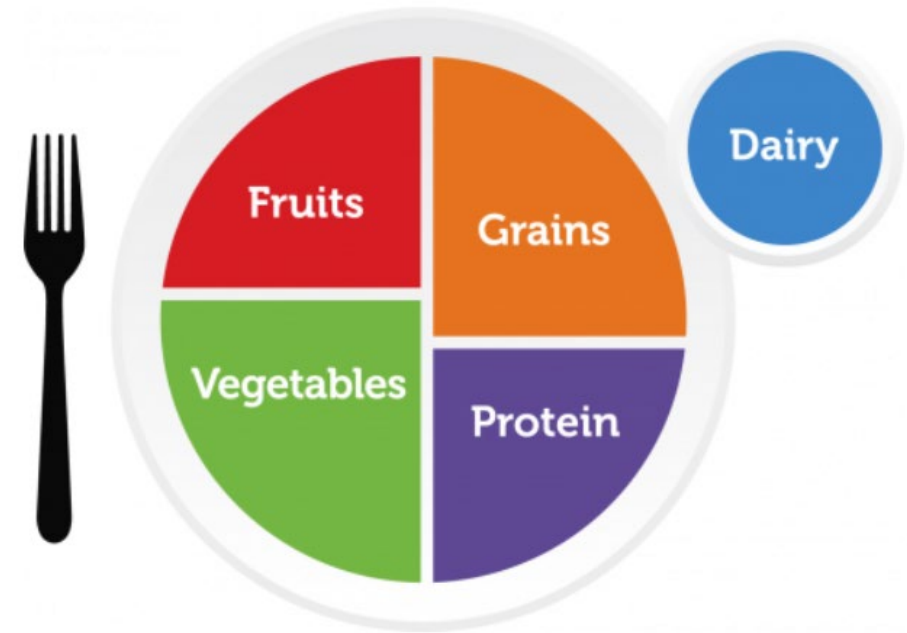
When Building Meals, Use the Plate Method

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

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!

Salmon Cakes with Yogurt & Cucumber Sauce

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

[Video Link](#)

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Let's Cook!

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

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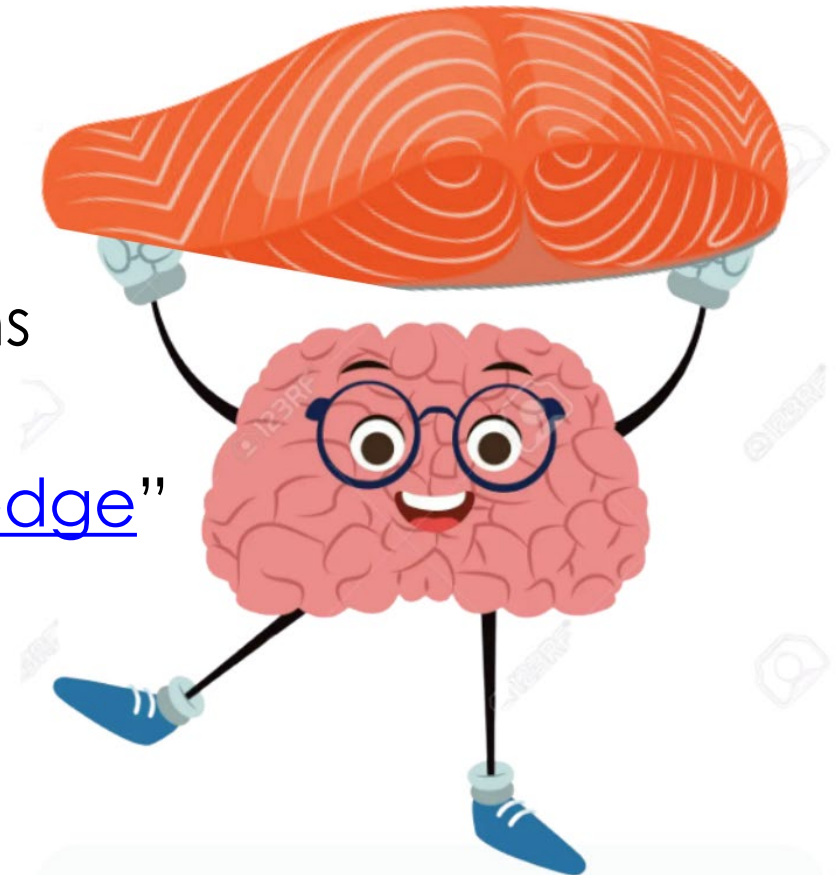




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Stay Engaged

- [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





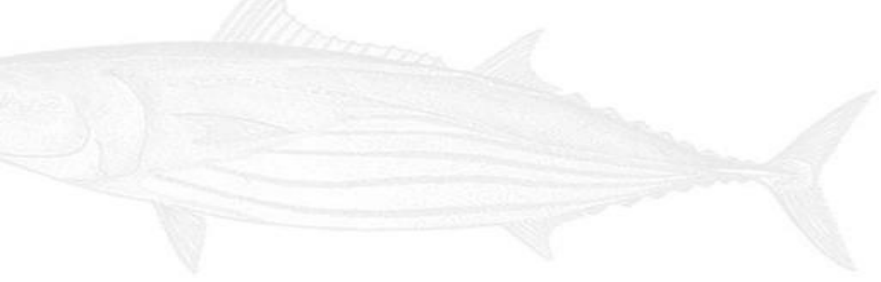
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We thank you for participating
in the

Eating FOR BRAIN HEALTH

Program!



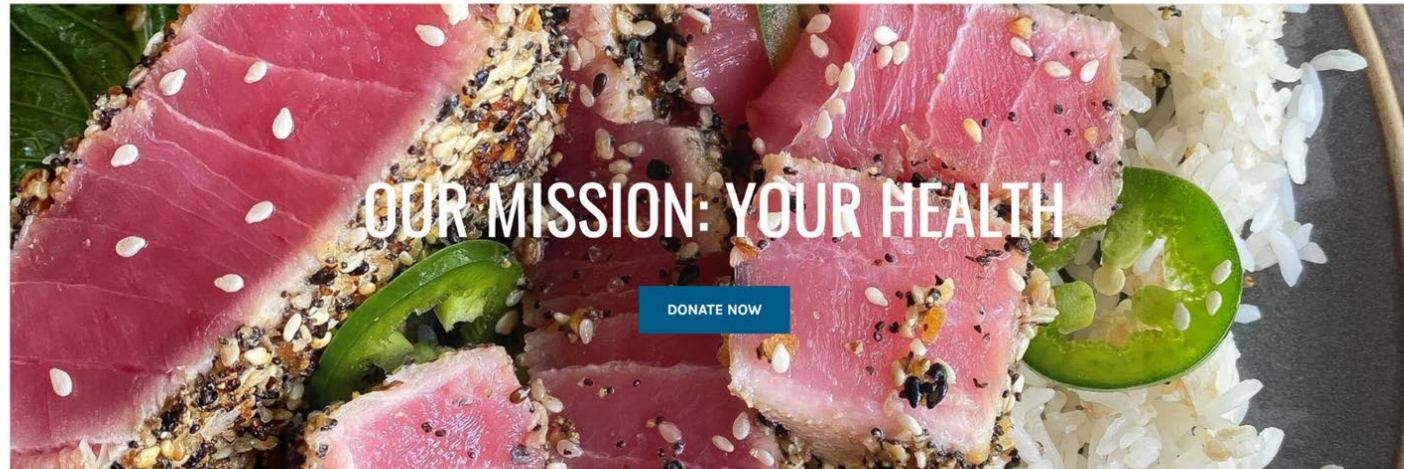


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For more information and resources please visit www.seafoodnutrition.org



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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](#)

