

Eating FOR BRAIN HEALTH

Cooking and Nutrition Workshop

Seafood + Mental Health



**SEAFOOD
NUTRITION
PARTNERSHIP**

↪ 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

Seafood & Mental Health

- Inflammation and mood are linked.
- One of the most powerful tools to counteract excess inflammation is eating foods with anti-inflammatory properties, like seafood, can help reduce inflammation in the brain and lower the risk of mental illness.





Eating FOR BRAIN HEALTH

Nutrients in
fish can
support
mental health.

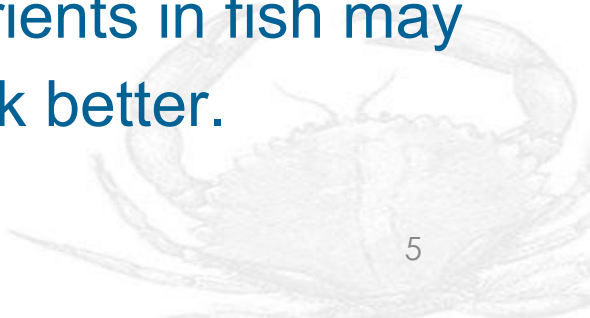




Eating FOR BRAIN HEALTH

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

For those taking anti-depressant medication, research shows the nutrients in fish may make them work better.





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

Seafood is like a multivitamin for the Brain

Aim for
Seafood 2x/week!





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

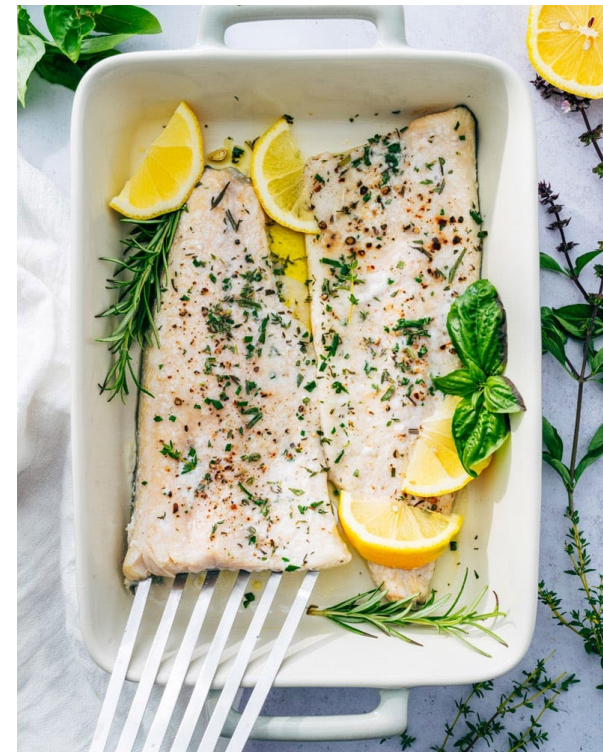
Canned seafood, such as canned salmon, tuna, or sardines, makes for a delicious, easy and healthy meal with minimal food prep. Also, keep frozen fish in the freezer as a cost-effective option – you can cook from frozen or thaw fillets in about 15-20 minutes.

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.

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!





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.





Eating FOR BRAIN HEALTH

Also Important!

- Adequate Sleep
- Social Health
- Exercise
- Stress Management
- Proper Hydration with Water
- Health Maintenance

Balance is key! Avoid an all or nothing mindset. Small steps add up to big changes!



Let's Cook!

Eating FOR BRAIN HEALTH

Salmon Over Black Bean Stew



[Link to recipe](#)

You'll Need:

- 2 Tbsp. olive oil, divided*
- 1 Tbsp. cumin, ground*
- 1 Tbsp. coriander seed, crushed*
- 1 lb. salmon fillet*
- Salt and pepper to taste*
- 1/4 cup onions, raw, white or yellow, chopped*
- 2 Tbsp. garlic, chopped*
- 1 poblano pepper, chopped*
- Chili flakes, to taste*
- 1-14.5 oz. can tomatoes, chopped*
- 1-15.5 oz. can black beans, low sodium*
- 1 1/2 cups water*
- 1 Tbsp. cilantro, fresh, chopped*
- 2 green onions, chopped*
- 1 lime, juiced*

Let's Cook!

Eating FOR BRAIN HEALTH

MUSSELS IN GARLIC BROTH



[Link to recipe](#)

You'll need:

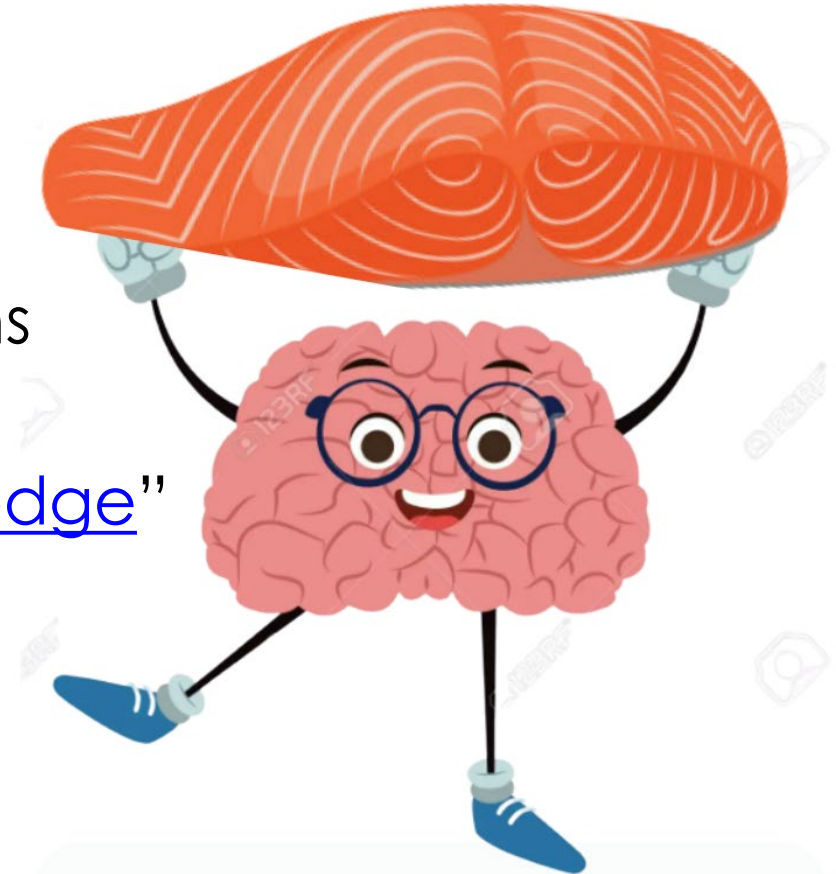
- 1 tsp. olive oil*
- 4 garlic, cloves sliced*
- 2 Tbsp. onions, white or yellow, chopped*
- 2 lbs. mussels, cleaned*
- 1/2 lemon, juiced*
- 1/2 tsp. basil, dried*
- 1/2 tsp. thyme, dried*
- 1/4 cup clam juice (optional)*
- 2-14.5 oz. canned tomatoes, chopped*
- 2 Tbsp. butter, unsalted*
- Salt and pepper,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





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We thank you for participating
in the

Eating FOR BRAIN HEALTH

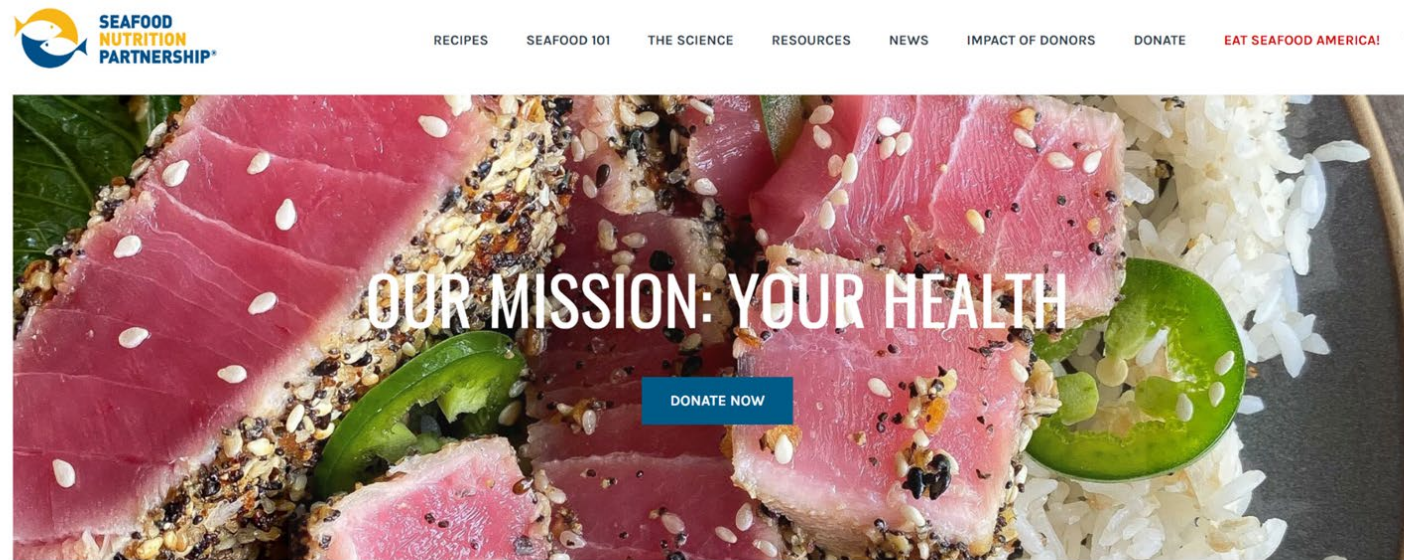
Program!





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



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](#)

