



# *Eating* FOR BRAIN HEALTH

Cooking and Nutrition Workshop

## Seafood + Healthy Aging



**SEAFOOD  
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PARTNERSHIP**

↪ [SEAFOODNUTRITION.ORG](https://SEAFOODNUTRITION.ORG)



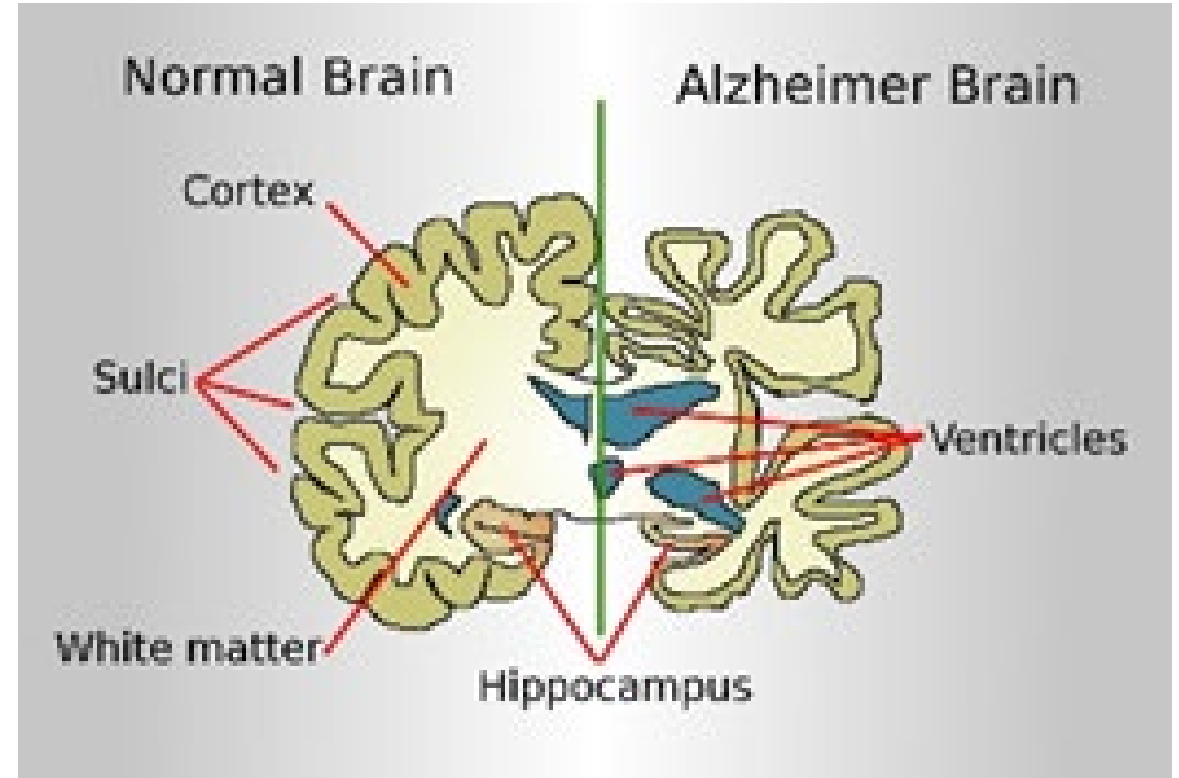
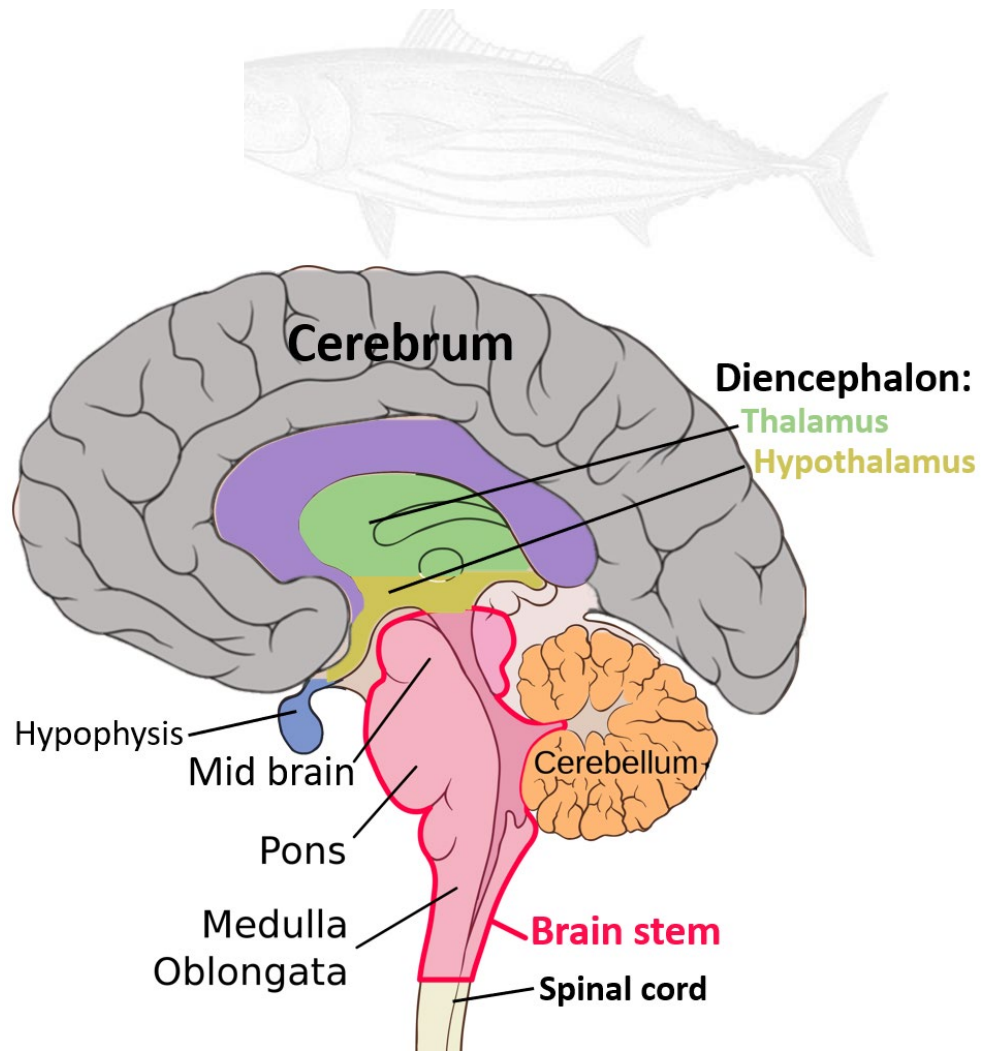
# *Eating* FOR BRAIN HEALTH

## 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





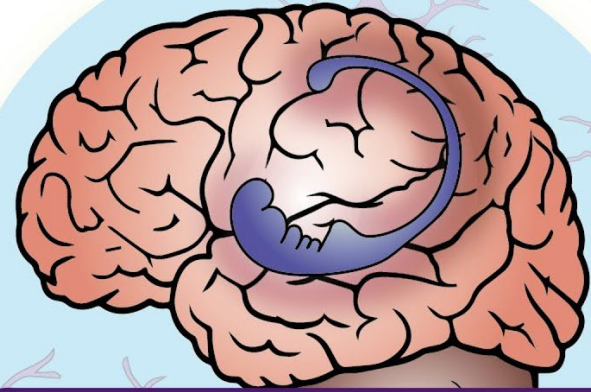


# Eating FOR BRAIN HEALTH

- Nutrients in fish can support healthy aging.
- Eating fish is associated with better brain health and better cognitive function as we age.



# Eating FOR BRAIN HEALTH



## The Hippocampus

Memory

- People who eat fish frequently have 14% larger brain hippocampus – the big memory and learning center.
- If you have a stronger hippocampus, your risk of Alzheimer's is going to go down.



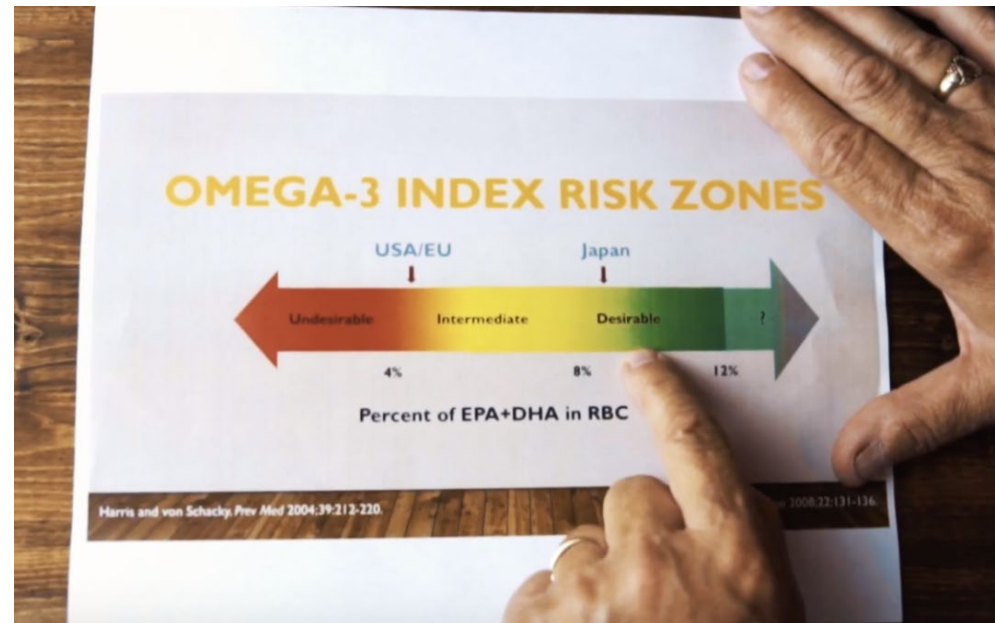




# Eating FOR BRAIN HEALTH

## Live Longer

Older adults with high blood levels of omega-3 fatty acids live on average 2.2 years longer





# 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%



# Eating FOR BRAIN HEALTH



# Eating FOR BRAIN HEALTH

## Seafood is like a multivitamin for the Brain

Aim for  
Seafood 2x/week!







# 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.





# Eating FOR BRAIN HEALTH

## 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

## MOROCCAN SARDINE MEATBALLS

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

[Link to recipe](#)





# Let's Cook!

# Eating FOR BRAIN HEALTH

## Crab Salad

From SNP Eating for Brain Health  
Nutrition Program

Created By Chef Kelly Armetta, Hyatt  
Regency Boston

[Link to recipe](#)



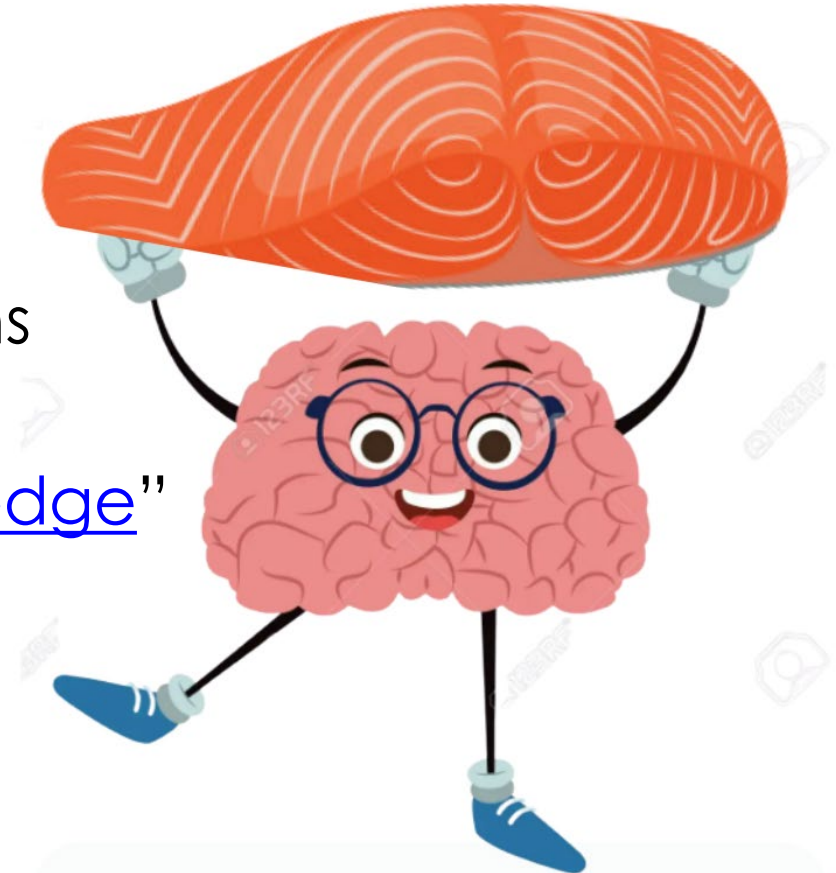




# Eating FOR BRAIN HEALTH

## 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](http://seafoodnutrition.org)







# *Eating* FOR BRAIN HEALTH

## CERTIFICATE OF EXCELLENCE

is hereby granted to:

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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!



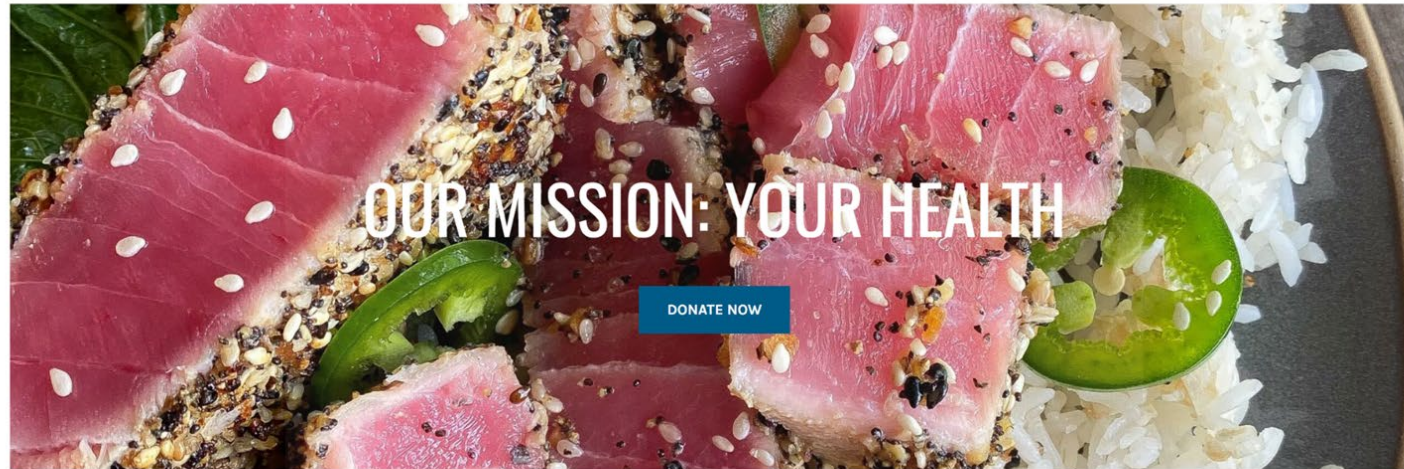


# Eating FOR BRAIN HEALTH

For more information and resources please visit [www.seafoodnutrition.org](http://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.







# *Eating* FOR BRAIN HEALTH

## Program Survey

Please take a moment to complete the online survey.

[Eating Brain Healthy Session One Workshop](#)

