


SNP 2024 State of the
Science Symposium
Make Every Day Count



September 26, 2024

How Strong Is The Science On Seafood Nutrition?

Expert Panel Discussion

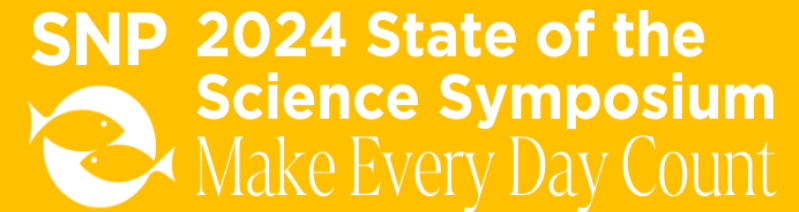
Discussion Panelists

Moderator:

- Dr. Tom Brenna, SNP SNAC Chair;
Professor, Dell Medical School, UT at Austin

Panelists:

- Dr. Joseph Hibbeln, Nutritional Psychiatrist,
Former Acting Chief at NIH NIAAA
- Dr. Nick Ralston, Director at Sage Green
NRG
- Mr. Phil Spiller, Former Director of Seafood at
FDA



Key Concepts

- How strong is the science on seafood nutrition?
- What are the key health benefits of seafood consumption for maternal health and baby brain development?
- How much seafood can expectant moms eat?
- What is the relationship between mercury and selenium?

Key Takeaways

- The science on seafood nutrition is extremely strong.
- Expectant moms and their babies benefit from eating seafood regularly.
- Ocean fish is rich in selenium that binds mercury, resulting in marked benefits from seafood consumption.
- Moms who eat more than 12 ounces of seafood per week have babies with higher IQ, by 6 IQ points.