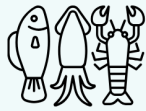


Why Eat Seafood?



Packed with nutrients: vitamins A, B, D, omega-3s, selenium, and zinc



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



seafoodnutrition.org



People who regularly eat seafood are 20% less likely to have depression

Regular seafood consumption linked to lower risk of Alzheimer's and dementia

Omega-3 fatty acids found in seafood make up almost 20% of the fats in the brain, supporting all brain functions.



Sufficient intake of omega-3s reduces preterm birth by up to 66%

Babies of mothers who eat seafood at least twice a week can gain a full 7.7 IQ points



So many delicious choices!



Omega-3s found in fatty fish are anti-inflammatory, reducing risk for heart disease and cancer



Omega-3 fatty acids found in fish oil can enhance muscle recovery by reducing inflammation



Which Fish is the Richest in Omega-3s?

(PER 4 OUNCE COOKED PORTION)

Studies show omega-3s can reduce risk of heart disease, depression, dementia, arthritis, and improve overall happiness.

> 1,000 milligrams	500 - 1,000 milligrams	250 - 500 milligrams	< 250 milligrams
<ul style="list-style-type: none"> Anchovies Herring Mackerel (Atlantic & Pacific) Oysters (Pacific) Sablefish (Black Cod) Salmon (Atlantic, Chinook, Coho) Sardines (Atlantic & Pacific) Swordfish Trout 	<ul style="list-style-type: none"> Alaskan Pollock Barramundi Crab Mussels Salmon (Chum, Pink & Sockeye) Sea Bass Squid Tilefish Tuna (Albacore) Walleye 	<ul style="list-style-type: none"> Catfish Clams Flounder/Sole Grouper Halibut Mackerel (King) Oysters (Eastern) Perch Rockfish Snapper Tuna (Skipjack, canned) 	<ul style="list-style-type: none"> Cod Crayfish Haddock Lobsters Mahi Mahi Shrimp Scallops Tilapia Tuna (Yellowfin)

Source: US Department of Agriculture, Food Data Central at fdc.nal.usda.gov