

SEAFOOD: THE HEALTHY CHOICE

IT TASTES AS GOOD AS IT MAKES YOU FEEL



MORE SEAFOOD IS KEY FOR A HEALTHIER DIET

Rich in protein and Omega-3 Fatty Acids

The [2020-2025 Dietary Guidelines](#) published by the Office of Disease Prevention and Health Promotion recommend eating at least two servings of seafood per week. This is especially true for pregnant women and people with heart conditions.

HEART HEALTH

There are several reasons why seafood is an important part of a healthy diet. Fish and shellfish are major sources of healthy omega-3 fats, and are rich in proteins and nutrients, such as vitamin D and selenium. The American Heart Association and the World Health Organization both recommend eating seafood twice a week to reduce the risk of dying from heart disease by 36 percent on average.¹



MOTHERS

Women should eat seafood before, during and after pregnancy, according to a report from the Dietary Guidelines Advisory Committee (DGAC).

That's because seafood consumption during pregnancy may be related to reduced risk of hypertensive disorders and preterm birth, and expectant moms who eat seafood have kids with higher IQ by 7 points on average.²



THE ELDERLY

Seafood can play a central role in aging with good health. Eating fish is associated with a lower risk for Alzheimer's disease, heart disease, cancer and total mortality.^{3,4}

Both your brain and body will thank you for eating more seafood. Fish helps people stay biologically younger and increases muscle mass and strength.



MENTAL WELLNESS

Your diet affects not only your physical health, but your mental health as well.

Seafood has been shown to reduce symptoms of anxiety, depression,⁵ ADHD, and other mental disorders. The brain is fundamentally an omega-3 organ - and the more omega-3, the better alleviation of symptoms.

Research shows that people who regularly consume fish live an average of 2.2 years longer than those who don't eat fish.¹



People who regularly eat fish are 20 percent less likely than their peers to experience depression.⁶



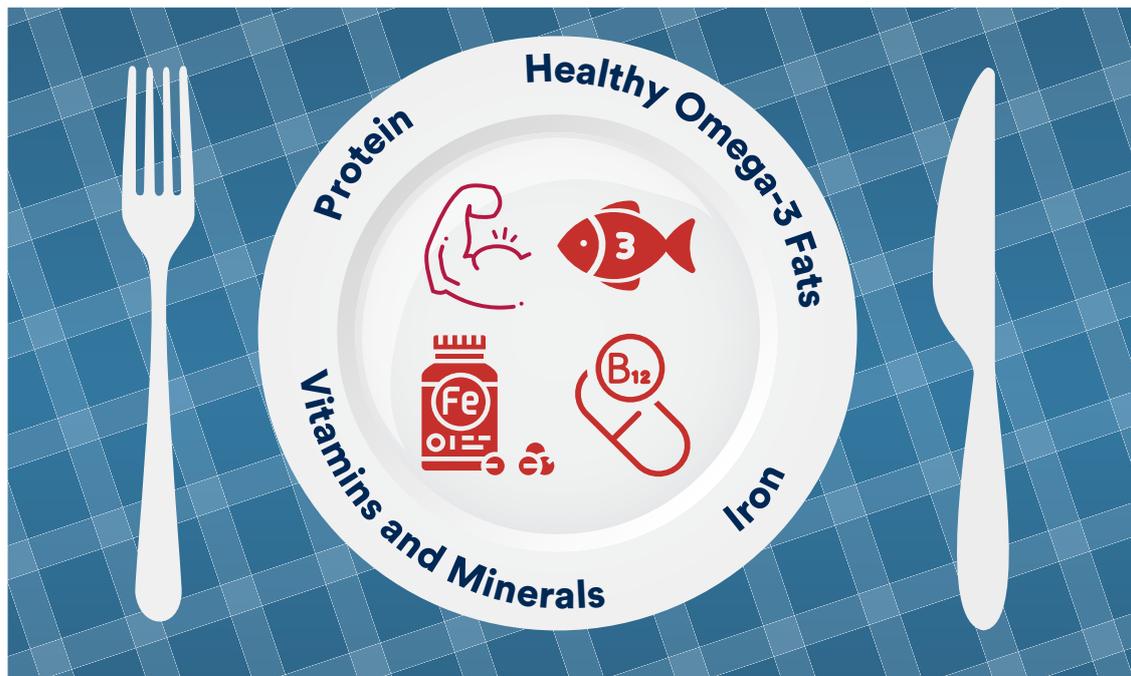
ATHLETES

There is a reason that so many professional athletes tout fish as a main staple of their diets. Omega-3 fats help to fight inflammation and soreness, and increase lung function during and after exercise. Fish also provides a complete protein that repairs muscles and builds strength. Add in the calcium, vitamin D, and iron that seafood also supplies in droves, and it's clear that fish is the ultimate fuel for athletes.⁷

BRAIN DEVELOPMENT

Seafood is brain food! In their 2020-2025 report, the DGAC also found compelling evidence that seafood consumption during pregnancy improves many measures of kids' brain development, and those benefits tended to increase with increased consumption. And while benefits tend to plateau at 12 ounces a week, no study has found an adverse effect of eating seafood in any amount.

Fish are a part of a healthy eating pattern and provide:



Citations

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4. Farzaneh-Far R, et al. Association of marine omega-3 fatty acid levels with telomeric aging in patients with coronary heart disease. JAMA, 2010;303(3):250-257.
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