

Eat Seafood

3 REASONS IS ALL YOU NEED

Most people feel good about seafood – they’ll agree that it’s good for their health, it’s a perfect choice when they want something special, or they love how it tastes. Despite this, few people are eating seafood at home on a regular basis – only one in 10 consumers meet the goal of having seafood two times per week.¹ To help consumers make the leap, give them these three reasons:



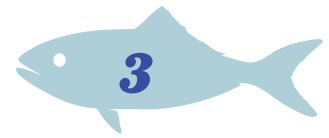
**Eat seafood...
live longer**

- Eating fish literally saves lives. It is estimated that an additional 50,000 deaths from heart disease and stroke are avoided per year by eating fish.²
- Eating seafood two to three times per week reduces the risk of death from any health-related cause by 17 percent.³
- Seafood has essential omega-3s. Low seafood intake contributes to 84,000 deaths each year, making seafood deficiency a leading dietary contributor to preventable death in the U.S.⁴



**Seafood is a
“protein with benefits”**

- Seafood sits among the highest-quality proteins (like eggs, meats, poultry, dairy) and offers additional health benefits. It can reduce your risk of heart disease by 36 percent, improve how you feel during pregnancy and help your child develop a healthy brain and eyes, and improve memory and sharpness in older adults.^{3,5,6}
- As a “protein with benefits,” the USDA recommends that Americans eat seafood twice a week.¹



**Seafood is delicious,
versatile, budget-friendly,
and fast**

- From delicate, mild flounder to rich, flavorful salmon, or sweet and savory shrimp, seafood can please any palate.
- Seafood fits with all of your favorite flavors – it can be incorporated into a spicy Latin dish, flavorful Creole recipe, light and refreshing salad, or a rich Italian pasta bowl.
- Fresh, local, seasonal catches are easy on the wallet, as are frozen options and canned seafood, like tuna or salmon.
- From start to finish, fresh, frozen, or canned seafood can make a meal in 15 minutes or less.

REFERENCES:

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The Seafood Nutrition Partnership's mission is to inspire a healthier America by raising awareness about the health benefits of seafood.
SeafoodNutrition.org