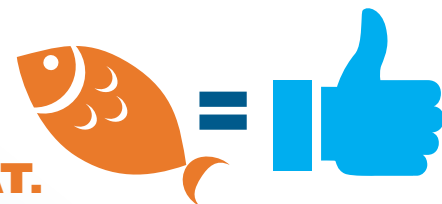


80-90% OF AMERICANS

DON'T GET ENOUGH SEAFOOD WHICH CAN HELP
**IMPROVE BABY BRAIN DEVELOPMENT • SLOW BRAIN AGING •
REDUCE BELLY FAT • REDUCE RISK OF DEPRESSION**

THERE'S BEEN NO SHORTAGE OF SEAFOOD SCIENCE THIS YEAR, AND STUDY AFTER STUDY CONCLUDES **FISH IS ONE OF THE BEST SUPERFOODS YOU CAN EAT.**



HERE'S A LOOK AT

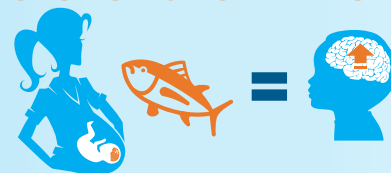
5 OF THE BIGGEST
SEAFOOD
STUDIES
IN **2016:**



1 A STUDY IN *NEUROLOGY* FOUND EATING A **SEAFOOD** MEAL OR OTHER FOODS CONTAINING **OMEGA-3 FATTY ACIDS** AT LEAST ONCE A WEEK MAY PROTECT AGAINST **AGE-RELATED MEMORY LOSS & THINKING PROBLEMS** IN OLDER PEOPLE.



2 A STUDY IN THE *AMERICAN JOURNAL OF EPIDEMIOLOGY* FOUND THAT HIGH FISH CONSUMPTION IN PREGNANCY IS TIED TO **BRAIN BENEFITS FOR KIDS & A REDUCTION IN AUTISM-SPECTRUM TRAITS.**



3 EATING FISH WITH **OMEGA-3 FATTY ACIDS** MAY SIGNIFICANTLY LOWER YOUR RISK OF DYING FROM A HEART ATTACK, ACCORDING TO THE *JAMA INTERNAL MEDICINE*.



4 A RECENT STUDY IN THE *NUTRITION JOURNAL* FOUND MOMS-TO-BE WHO EAT **TWO SEAFOOD MEALS PER WEEK** COULD HELP BOOST THEIR BABY'S IQ BY AN ADDITIONAL **3.3 POINTS BY AGE 9.**



5 TEENAGERS WITH HIGHER BLOOD LEVELS OF **OMEGA-3S** MAY HAVE **BETTER INFORMATION PROCESSING SPEEDS** COMPARED WITH THOSE WITH LOWER LEVELS, ACCORDING TO A **NUTRIENTS STUDY.**



#EATMOREFISH

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LEARN MORE

VISIT WWW.GETREALABOUTSEAFOOD.COM
TO GET THE FACTS AND FIND RECIPES THAT MAKE IT EASY TO
INCORPORATE MORE DELICIOUS FISH INTO YOUR WEEKLY MEALS

