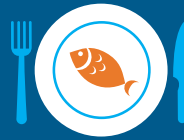


# 10

# SIMPLE WAYS TO GET AT LEAST TWO SEAFOOD MEALS PER WEEK

The 2015 Dietary Guidelines recommend that all Americans, including pregnant women, breastfeeding moms and young children, eat **at least 2 seafood meals per week.**



## SERVING SIZE GUIDE

- **ADULTS:** one serving of cooked seafood is 4 oz.
- **CHILDREN 4-8 YEARS:** one serving of cooked seafood is 2-3 oz.
- **CHILDREN 2-3 YEARS:** one serving of cooked seafood is 1 oz.

## BREAKFAST

Canned Crab



+

Eggs



+

Spinach



Smoked Salmon



+

Cucumber



+

Whole Grain Toast



Canned or Pouch Tuna



+

Hard-Boiled Egg



+

Cheddar Cheese



## LUNCH

Canned or Pouch Tuna



+

Avocado



+

Whole Grain Pita



Tilapia



+

Corn Tortilla



+

Mango Salsa



## DINNER

Trout



+

Wild Rice



+

Asparagus



Shrimp



+

Pasta



+

Sundried Tomatoes



Canned or Pouch Tuna



+

Feta Cheese



+

Cherry Tomatoes



## SNACKS

Canned or Pouch Salmon



+

Cheddar Cheese



+

Whole Grain English Muffin



Canned or Pouch Tuna



+

Olive Spread



+

French Baguette



**#EatMoreFish** Research shows that **80-90%** of Americans do not eat enough seafood each week.



Fish is especially important for pregnant and breastfeeding women, as well as young children, because it is high in omega-3 fatty acids, which are critical for brain development.



Canned or pouch tuna and salmon are affordable, tasty choices to help you meet your nutrient needs.

For more information, visit: [www.getrealaboutseafood.com](http://www.getrealaboutseafood.com)