

Want to improve the health of your heart, brain & more?

Learn about the powerful health benefits of seafood



Print this discussion guide & bring it when you visit your doctor.

Why Should You Eat Seafood?

Eating 2-3 servings of seafood per week can offer big health benefits like reducing heart disease by 30 percent and maintaining brain health.

Seafood packs healthy nutrients like omega-3s and protein into less than a couple hundred calories per 4-ounce serving.

Eating seafood while you are pregnant/breastfeeding promotes healthy brain and eyesight development and helps improve sleep patterns.

Doctors and Guidelines Agree: Seafood is Good for You!

The Dietary Guidelines for Americans recommends everyone, including pregnant and breast-feeding women, should increase the amount of seafood they eat to 2-3 seafood meals (8-12 ounces) per week for heart and brain benefits.

The World Health Organization agrees that the general public, pregnant women and their babies should eat seafood for the health benefits.

The American Heart Association recommends you should consume fish, especially oily fish, at least twice a week.

A survey of family practice physicians showed that the majority of physicians (85.2%) agree eating seafood provides significant health benefits.¹

1) Family Practice News. Family Practice News Seafood Survey. March 2012.

Test Your Knowledge!

Check each item you think is true.

Seafood can...

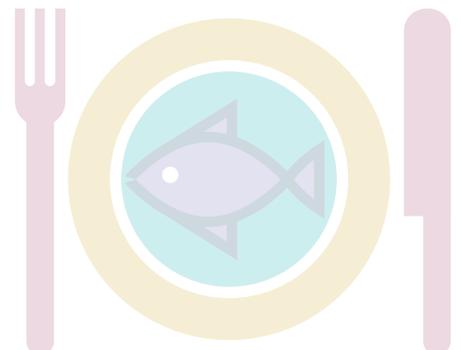
- Fight Alzheimer's disease
- Protect Sight
- Improve Heart Health
- Maintain Joint Health
- Keep Bones Strong
- Reduce Heart Disease Risk
- Help improve Your Baby's Eye and Brain Development
- Fight Depression
- Accelerate Brain Aging

(Answer)

All of these are true!

“ I think we need to do a better job of proactively telling patients about the health benefits of seafood and encouraging them to eat more fish. ”

Jeffrey Fisher, M.D.,
Cardiologist and Internist at New York Presbyterian Hospital



Questions to Ask Your Doctor:

- Why should I eat seafood?

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- What health benefits can seafood provide?

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- Am I eating enough seafood to get the health benefits?

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- What types of seafood should I eat?

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- How can I incorporate more seafood into my diet?

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- I'm pregnant, can I eat seafood? What are the benefits seafood can have on me and my developing baby?

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- What am I missing by not eating seafood?

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- What are the differences between eating seafood and taking fish oil supplements?

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Did You Know?

The average American eats approximately 3.5 ounces of seafood a week, which means most people need to double the amount of seafood they eat to get the recommended amount of 8-12 ounces.

Taking fish oil supplements doesn't give you the same health benefits as eating seafood.

Pediatricians recommend introducing solid foods, including seafood, into a child's diet around 4-6 months.

Pledge to Myself:

If you want to take charge of your health and your family's health by eating more seafood, fill out the pledge below to keep track of your decision.

I, _____ (name), pledge to my health/the health of my baby, to eat seafood _____ (2, 3, etc.) times a week to get the benefits seafood has for my _____ (heart, brain, developing baby, etc.). I will eat my next seafood meal on _____ (date) and it will be _____ (type of seafood meal).

Signed: _____ Date: _____



How Much Seafood Do You Eat?

Mark below the seafood meals that you've eaten this week.

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

Questions to Ask Yourself:

- What kinds of seafood do you eat on a weekly basis?

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- How many times a week do your children eat seafood?

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- What are your specific questions about fish?

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- If you don't eat seafood, what are the reasons?

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Learn How to Eat More Seafood at

www.GetRealAboutSeafood.com

Working with a busy schedule?

Find healthy and quick ways to prepare seafood.

Not sure how to prepare seafood?

Find easy and nutritious recipes that the whole family will love.

Worried seafood might break your bank?

Find affordable ways to eat more seafood, including eating canned or pouched tuna.

Want healthy choices for you/your kids?

Find out more about seafood's health benefits for moms-to-be, developing babies and children.

Try this Recipe!

Pita Pizza Melt

Servings: 2

- 1 can (5 oz) drained or 1 pouch (2.5 oz) tuna
- 2 (6") pitas
- 4 tablespoons pesto sauce
- 2 tablespoons sun-dried tomato strips
- 2 tablespoons chopped roasted red peppers (bottled)
- 1 cup shredded mozzarella cheese

Preheat oven to 400° F. Spread pitas with pesto. Top with tuna, tomatoes, peppers and mozzarella cheese. Place pizzas on baking sheet in oven for 10 minutes or until crust is crisp and cheese has melted.