

WANT TO IMPROVE THE HEALTH OF YOUR HEART, BRAIN & MORE?

Learn about the powerful health benefits of seafood

GET REAL ABOUT
SEAFOOD



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

WHY SHOULD YOU EAT SEAFOOD?



EATING 2 TO 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 baby, brain and eyesight development.



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							

Health Experts Agree

SEAFOOD IS GOOD FOR YOU!



THE DIETARY GUIDELINES FOR AMERICANS recommend everyone, including pregnant and breastfeeding women, should increase the amount of seafood they eat to 2 to 3 meals (8-12 ounces) per week for heart and brain benefits.

THE WORLD HEALTH ORGANIZATION agrees that the general public and pregnant/breastfeeding women should eat seafood to avoid the risk of heart disease and suboptimal brain health.

THE AMERICAN HEART ASSOCIATION recommends you should consume fish rich in omega-3s at least at least twice a week.

- Test Your Knowledge! -

Check each item you think is true

EATING A SEAFOOD-RICH DIET CAN HELP...

- Fight Alzheimer's Disease
- Protect Sight
- Improve Heart Health
- Reduce Heart Disease Risk
- Improve Your Baby's Eye & Brain Development
- Fight Depression
- Slow Brain Aging

(Answer)

All of these are true!



Learn How to Eat More Seafood at
www.GetRealAboutSeafood.com

QUESTIONS TO ASK YOUR DOCTOR:

Am I eating enough seafood to get the health benefits?

What are the specific heart and brain health benefits of eating seafood?

I'm pregnant. How much seafood can I eat? What are the benefits of eating seafood for me and my baby?

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

QUESTIONS TO ASK YOURSELF:

Am I eating seafood 2 to 3 times per week? If not, why?

What are some simple things I can do to make eating seafood a healthy habit?

What will be my first step to eating seafood one more time a week?

TO EAT MORE SEAFOOD MEALS EACH WEEK

Try the following tips:

- ✓ Eat seafood every week on the same day—try Tuesday Tuna or Friday Fish dishes.
- ✓ Put seafood on your grocery list. Fresh, frozen and canned fish can all provide health benefits.
- ✓ Swap out your regular proteins for seafood. Try tuna quesadillas or salmon burgers.
- ✓ Make a point to review your meals each Friday to see if you ate enough seafood. If not, make it a priority on the weekend!



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.



- 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.

The general population does not need to avoid any type of seafood. Only pregnant and breastfeeding women should avoid four rarely-eaten fish: shark, tilefish, swordfish and king mackerel.

New to Seafood? Try these EASY-TO-MAKE SEAFOODS:



CANNED TUNA



TILAPIA



SHRIMP



TROUT



COD

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