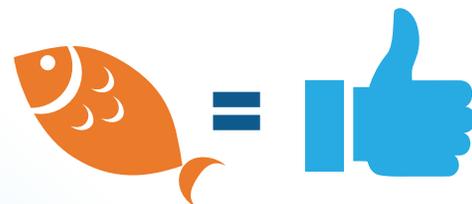


# 80-90% OF AMERICANS

DON'T GET ENOUGH OF THE SUPERFOOD THAT CAN HELP  
**SLOW BRAIN AGING • REDUCE BELLY FAT • IMPROVE BABY  
BRAIN DEVELOPMENT • 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 FOODS YOU CAN EAT.**



## HERE'S A LOOK AT

**5** OF THE BIGGEST  
SEAFOOD  
STUDIES  
IN **2015:**



**1**

A STUDY IN *NEUROLOGY* SHOWED OLDER ADULTS WHO EAT A **MEDITERRANEAN DIET**, WHICH IS HIGH IN FISH, SLOWED BRAIN AGING BY AS MUCH AS

**5 YEARS**



**2**

THE *JOURNAL OF NUTRITION* FOUND CHILDREN WHO EAT MORE **POLYUNSATURATED FATS** - WHICH INCLUDES **OMEGA-3S** FROM SEAFOOD - WERE LEANER AND HAD LESS BODY FAT AND, IN PARTICULAR, LESS BELLY FAT



**3**

THE *JOURNAL OF NEUROSCIENCE* FOUND NOT GETTING ENOUGH OF THE TYPE OF HEALTHY FATS FOUND IN FISH DURING PREGNANCY CAN LIMIT A BABY'S BRAIN GROWTH. THE RECOMMENDATION?



**MOM SHOULD EAT MORE FISH.**

**4**

THE *JOURNAL OF EPIDEMIOLOGY & COMMUNITY HEALTH* FOUND PEOPLE WHO EAT THE MOST FISH HAVE AN AVERAGE OF

**17%**



**REDUCTION IN THE RISK OF DEPRESSION** COMPARED TO PEOPLE WHO EAT THE LEAST FISH

**5**

A *USDA* STUDY FOUND THAT

**80-90%**

**OF AMERICANS ARE CURRENTLY NOT EATING ENOUGH SEAFOOD**

TO MEET THE DIETARY GUIDELINES, MEANING MOST FOLKS ARE MISSING OUT ON ALL THE IMPORTANT HEALTH BENEFITS OF SEAFOOD

**#EATMOREFISH**

**FOLLOW US  
@DISHONFISH**



## LEARN MORE

VISIT [WWW.GETREALABOUTSEAFOOD.COM](http://WWW.GETREALABOUTSEAFOOD.COM)

TO GET THE FACTS AND FIND RECIPES THAT MAKE IT EASY TO INCORPORATE MORE DELICIOUS FISH INTO YOUR WEEKLY MEALS

