



Seize the Benefits of Seafood During Heart Health Month

#Aquaculture101



Only one in ten Americans get the recommended two 4-ounce servings of seafood per week.



Omega-3 fatty acids in seafood can reduce cholesterol and inflammation in the body. They have also been linked to lower risk of heart attack.

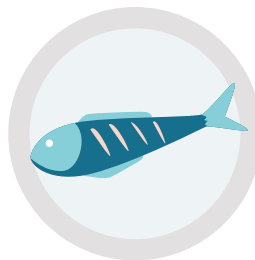


How big is a serving?
Think a deck of cards!

Which health systems benefit from seafood twice each week?
Your heart, brain, eyes and muscles!



Beyond protein, seafood provides a source of Vitamin D, Vitamin A, Selenium, Zinc, Iron, and more!



What can I do?
Eat a variety of species and be sure to ask for responsibly or sustainably sourced options to ensure your choices are good for you and the planet!