

# TWO IF BY SEA



*The American Heart Association recommends eating two servings of seafood a week, and a healthier ticker is just the beginning of the benefits.*



During Lenten season, seafood is a staple item. Many Christians abstain from eating meat on Fridays as part of their religious customs, and restaurants offer fish specials to accommodate those guests. But the importance of eating seafood reaches far beyond the 40 days of Lent. The health benefits can last a lifetime and affect everything from your vision to your heart.

## A HEALTHY choice

The American Heart Association recommends eating fish rich in omega-3 fatty acids twice a week in order to enjoy specific health benefits. These omega-3 fatty acids can lower the risk of heart disease and improve brain function, and studies suggest these compounds may even lower the risk of a common type of stroke and help prevent a common form of blindness. Ongoing research is exploring additional benefits, looking for connections between omega-3 fatty acids and the immune system, and suggesting a positive influence on conditions ranging from rheumatoid arthritis and asthma to lupus, kidney disease and cancer.

## NOT ALL *fish* ARE CREATED EQUAL

Mackerel, salmon and albacore tuna contain a higher amount of omega-3s than flounder, haddock or swordfish. But even fish that's lower in omega-3s is a nutritious addition to your diet—it's packed with minerals such as iron, zinc and calcium. It's a great source of protein, too, with 20 grams in a typical three-ounce cooked serving. Fish is also quite low in fat, and broiling, grilling and baking—rather than frying—are smart ways to keep a dish's fat count low.

## SAFE FOR PREGNANT *women*

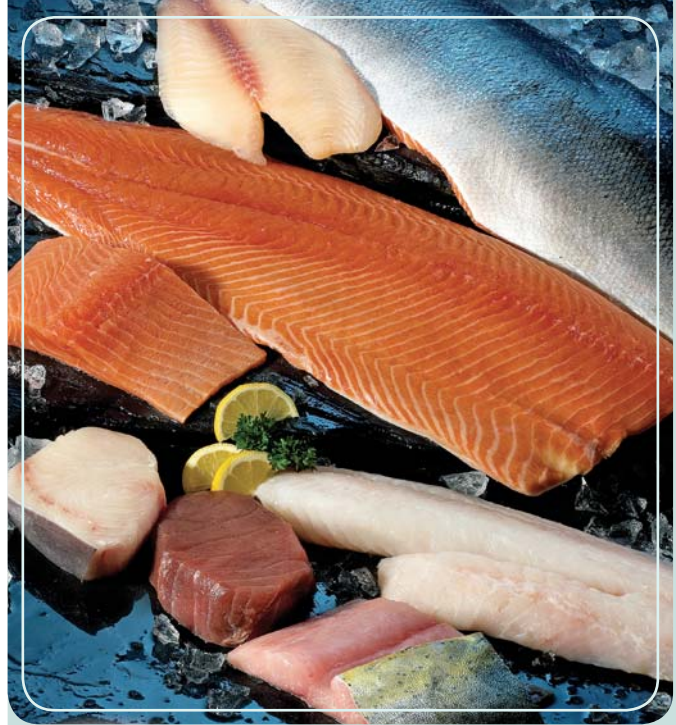
For pregnant and breastfeeding women, seafood can be a safe, sensible part of a healthy and balanced diet. Beyond serving as an excellent low-fat protein source, the type of omega-3 fatty acid known as DHA may be beneficial to a baby's eyesight development and may help lower the risk of premature birth.

## A SIMPLE *substitute*

Adding more seafood to your diet doesn't need to involve a complete redesign of your eating habits. It can be as simple as replacing your usual beef, poultry or pork dish with a grilled fish "steak" such as halibut or salmon once a week. Once you're comfortable with this new source of protein, you can easily increase your consumption by enjoying salmon or tuna burgers for lunch, sardines for snacks, and grilled fish kabobs for special events. Varying the seafood you choose can help keep the menu exciting.

Given the many species, flavors and recipes from which to pick, it's easy to enjoy two completely unique seafood dishes a week. And with the lasting health benefits of fish, you'll feel smart creating a new tradition at mealtime any day of the week.

Food information comes from The American Heart Association and The International Food Information Council.



Omega-3 Content of Fish and Shellfish  
Amounts are in grams per 3-ounce portion.\*

### Finfish

Catfish, channel, farmed, cooked, dry heat	<b>0.2</b>
Cod, Atlantic, cooked, dry heat	<b>0.1</b>
Flatfish (flounder and sole species), cooked, dry heat	<b>0.4</b>
Pollock, Atlantic, cooked, dry heat	<b>0.5</b>
Salmon, Atlantic, farmed, cooked, dry heat	<b>1.8</b>
Salmon, chinook, cooked, dry heat	<b>1.5</b>
Salmon, pink, canned, solids with bone and liquid	<b>1.4</b>
Salmon, sockeye, canned, drained solids with bone	<b>1.0</b>
Salmon, sockeye, cooked, dry heat	<b>1.0</b>
Tuna, light, canned in water, drained solids	<b>0.2</b>
Tuna, white, canned in water, drained solids	<b>0.7</b>
Tuna, yellowfin, fresh, cooked, dry heat	<b>0.2</b>

### Mollusks

Clam, mixed species, cooked, moist heat	<b>0.2</b>
Scallop, mixed species, cooked, dry heat	<b>0.3</b>

### Shellfish

Crab, Alaska king, cooked, moist heat	<b>0.4</b>
Crab, Alaska king, imitation, made from surimi	<b>0.5</b>
Crab, blue, cooked, moist heat	<b>0.4</b>
Shrimp, mixed species, cooked, moist heat	<b>0.3</b>

\* Cooked without added fat or sauces

Source: USDA Nutrient Database for Standard Reference