

# food that fits **YOUR LIFE**®

Seafood can be a great fit with your healthy lifestyle. With so many flavorful ways to enjoy fish, remember to include seafood in your diet each week.

your **FOOD**  
your **STYLE**  
your **LIFE**®

## **Make seafood a healthy part of your diet...**

Experts generally recommend that fish be included twice a week in a balanced diet. For some however, eating too much seafood can be a health risk.

Current federal guidelines advise women who are pregnant or who plan to become pregnant, nursing mothers, and children under 12 to avoid fish that may contain high mercury levels such as shark, tilefish, albacore tuna and king mackerel. Also, pregnant women and people who are at greater risk for food borne illness should not eat raw or undercooked seafood. Everyone should avoid over-consumption and vary the types of fish eaten as a way to avoid potential issues associated with any single fish species.

*Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.*

*For more information or for special dietary needs, please contact your food service director.*



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Enjoying  
**SEAFOOD** in a  
Healthy Diet



healthy  
for  
**LIFE**™



# Seafood in your diet

The health benefits...

## Is Seafood a Superfood?

The health benefits of seafood are exciting. Recent studies have shown that eating fish can help lower cholesterol levels  and reduce the risk of heart disease and certain types of cancer.

The exciting news about seafood raises important questions.   Why is fish so good for you? What types of fish are best? How much fish is recommended in a healthy diet? The good news is that you can enjoy the health benefits of seafood by keeping a few basics in mind when making fish part of your diet. 

## A good source of protein

Seafood is a good source of protein and most types of fish are relatively low in saturated fat.

## The benefits of Omega-3's

Many fish contain Omega-3's, a type of polyunsaturated fat that has been shown to have health benefits like lowering cholesterol and reducing the risk of heart disease.

## The right fish for you

Experts recommend 'fatty fish' like wild-caught salmon, light tuna, mackerel and sardines because they are rich in Omega-3's.

## Healthy preparation is best

If you love fried fish, make sure the restaurants you visit use zero trans fat frying oil. Try to select seafood that is broiled, steamed, baked or grilled without unhealthy sauces.

## Go for twice a week

The U.S. Dietary Guidelines and the American Heart Association both recommend two servings of seafood each week (a serving is about 3 ounces).

## Choose "sustainable seafood"

Look for sustainable seafood to help preserve our oceans and fisheries for future generations. Sustainable seafood comes from fish and shellfish that are not in danger from overfishing and are not caught or farmed in ways that damage the environment.

*For more information about the health benefits of fish and the importance of choosing sustainable seafood, just ask your on-site manager for our "Seafood in the News" Nutrition Fact Sheet.*