



Seafood 101

HOW MUCH SEAFOOD SHOULD I EAT?

The 2020-2025 Dietary Guidelines for Americans recommend including seafood in meals at least two times per week to reduce the risk of both chronic and preventable diseases. Fish provides high-quality protein and lower amounts of saturated fat compared to red meat. Fatty fish offers the greatest health benefits due to its high omega-3 levels.

OMEGA-3 RICH SEAFOOD

- Albacore Tuna
- Anchovies
- Herring
- Mackerel
- Oysters
- Sardines
- Salmon
- Trout



Omega-3 fatty acids have been shown to promote heart, brain and eye health. Incorporating some of these fattier fish into your diet can improve memory and reduce the risk of heart disease. While these varieties are higher in total fat, this should not be concerning. The majority of this fat is unsaturated which is heart-healthy.

MERCURY LEVELS IN FISH

Mercury is a naturally occurring element that can be found in the air, water and soil. All seafood contains some amount of mercury, though levels differ among varieties. Larger fish, including king mackerel, shark, swordfish and certain types of tuna such as albacore and bigeye often have a higher mercury content, and consumption should be limited. Six ounces of albacore tuna can be eaten per week while staying within the average adult mercury recommendations.



WAYS TO EAT MORE SEAFOOD

Seafood, including salmon, cod and shrimp pair well with a variety of vegetables for easy and versatile sheet pan meals. Similarly, these selections are great in seafood tacos to offer a refreshing twist on the classic Mexican dish. Water-packed canned or pouch seafood choices are convenient options to use in sandwiches, salads and pasta dishes. Frozen or canned varieties can be just as nutritious as fresh while being more budget-friendly.

LOOKING FOR MORE IDEAS?

Visit [festfoods.com/recipes](https://www.festfoods.com/recipes) for a variety of fish and seafood recipes to try!

