Americans should eat at least two seafood meals (or 8-12 oz.) each week, according to the 2015 Dietary Guidelines for Americans (DGA).

DGA estimate that 80-90% of Americans don’t meet this recommendation.

Eating seafood regularly has been shown to:

- Reduce the risk of heart disease.
- Boost baby brain development and IQ scores.
- Reduce the likelihood of postnatal depression.
- Promote a healthy weight.

A recent Harvard study found that low seafood intake contributed to 84,000 preventable deaths.

A 3-oz. portion of tilapia delivers a complete protein (22 g), heart-healthy omega-3s (115 mg) and B vitamins, with few calories (110 calories), saturated fat (1 g) and total fat (2.5g).

Tilapia is a mild white fish that easily replaces poultry and meat in your favorite recipes, helping you meet the DGA recommendation to eat fish in place of meat and poultry a few times each week.

The 2015 Dietary Guidelines Advisory Committee encourage Americans to eat a variety of seafood and that both farmed and wild-caught seafood are safe and healthy choices.

Eating a variety of seafood from both types of catch (farm-raised and wild-caught) help to ensure a sustainable seafood culture.

Tilapia farming: most tilapia is farmed in tropical climates.

We can't sustainably harvest more wild tilapia from our oceans and therefore rely on aquaculture to increase production.

Sources: