The Benefits of Eating Salmon

Health Benefits:

- Eating seafood helps **reduce** the risk of heart disease and promotes healthy weight.
- A Harvard School of Public Health study looked at the impact of American food choices and found that low seafood consumption contributes to 84,000 preventable deaths annually.
- Eating seafood during pregnancy helps babies’ brain development and improves IQ scores.

Nutrition Facts for Salmon (3 oz. serving):

- Rich in healthy omega-3 fats (1700mg)
- Low in saturated fat (2g)
- High in protein (24g)
- All for 200 calories/serving

Sustainability:

- The 2015 Dietary Guidelines Advisory Committee encourages people to eat a wide variety of seafood. Both farmed and wild-caught seafood are safe and healthy choices.
- Farm-raised and wild-caught seafood complement each other to provide seafood sustainably.
- 67% of salmon eaten in the U.S. is farmed, while 33% is wild-caught.

The Challenge:

- Americans should eat **at least** two seafood meals each week (8-12 oz.), according to the 2015 Dietary Guidelines for Americans (DGA).
- **80-90%** of U.S. consumers don’t meet the 2015 DGA's recommendation for seafood consumption.

Sources:

http://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1000058
http://www.mdpi.com/2072-6643/6/12/6060

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