Seafood is a group of foods from the Protein group of MyPyramid. The recommendation is to have from 2 to 5 ounces of meat, fish, poultry eggs, beans and peas, soy products, nuts, or seeds every day depending on our size. Seafood includes fish, such as salmon, tuna, trout, and tilapia, and shellfish, such as shrimp, crab, and oysters. It is recommended that we eat more fish. There are many benefits of eating seafood. Seafood is high in protein, low in saturated fat, rich in unsaturated fat, and an excellent source of Omega-3 fatty acids.

What are Omega-3 fatty acids? Omega-3 fatty acids are important to keep our nerves, brains and skin healthy. Omega-3s can help in the development of the brain and visual system of young babies. They also help to lower blood pressure, improve brain function and memory, lower triglyceride levels, and decrease the possibility of heart disease, diabetes, atherosclerosis, cancer, allergies, and other chronic diseases of aging.

Seafood that contains the greatest amount of Omega-3 includes: salmon, rainbow trout, tuna, mackerel, black cod, and sardines. Based on research, it is recommended that we eat seafood 2 to 3 times a week.

There is a wide array of seafood available, and the variety depends on your location. Some examples of seafood include:

- Fish (in general)
- Shrimp
- Alligator
- Crab
- Oysters
- Crawfish
- Crawfish
Word Bank

SEAFOOD   HEALTHY   SALMON   FISH
BENEFITS   ALLERGY   ALLIGATOR   SHRIMP
FATTYACIDS   DECREASE   MACKEREL   TUNA
PROTEIN   CANCER   SARDINES   CRAB
UNSATURATED   LOBSTER   POLLUTANT   OYSTER
HEARTDISEASE   MEMORY   CRAWFISH   BRAIN