

The Benefits of Seafood

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:



Crawfish



Fish (in general)



Shrimp



Alligator



Crab



Oysters



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Word Bank

SEAFOOD

BENEFITS

FATTYACIDS

PROTEIN

UNSATURATED

HEARTDISEASE

HEALTHY

ALLERGY

DECREASE

CANCER

LOBSTER

MEMORY

SALMON

ALLIGATOR

MACKEREL

SARDINES

POLLUTANT

CRAWFISH

FISH

SHRIMP

TUNA

CRAB

OYSTER

BRAIN

