

Seafood In a Healthy Diet

How can I create a healthy diet with seafood?

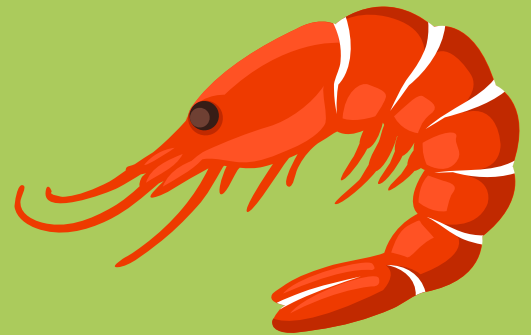


Eat salmon, trout, and herring for **Omega 3 Fatty acids!**

Pair with **veggies and grains!**



This helps lower blood pressure and the risk of heart disease.



Seafood is high in **vitamin D** (for maintaining bones and supporting healthy immune function).

Add **shellfish** into your meals for a **lean protein** source high in necessary minerals and vitamins (specifically **vitamin B12** and **Iodine**).

Catching, preparing, and eating fish is an **important part of many people's lives and culture**. Fish can provide the heart of many meals that people come together to enjoy!

Try **Lemon Butter Salmon** or **sushi** at the dining halls!

