Seafood In a Healthy Diet

How can I create a healthy diet with seafood?

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

Pair with **veggies and grains**!

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

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