80-90% OF AMERICANS DON'T GET ENOUGH OF THE SUPERFOOD THAT CAN HELP SLOW BRAIN AGING • IMPROVE BABY BRAIN DEVELOPMENT REDUCE BELLY FAT • REDUCE RISK OF DEPRESSION

THERE'S BEEN NO SHORTAGE OF SEAFOOD SCIENCE THIS YEAR, AND STUDY AFTER STUDY CONCLUDES FISH IS ONE OF THE BEST FOODS YOU CAN EAT.

HERE'S A LOOK AT 5 OF THE BIGGEST SEAFOOD STUDIES IN 2015:

1. A STUDY IN NEUROLOGY SHOWED OLDER ADULTS WHO EAT A MEDITERRANEAN DIET, WHICH IS HIGH IN FISH, SLOWED BRAIN AGING BY AS MUCH AS 5 YEARS.

2. THE JOURNAL OF NUTRITION FOUND CHILDREN WHO EAT MORE POLYUNSATURATED FATS - WHICH INCLUDES OMEGA-3S FROM SEAFOOD - WERE LEANER AND HAD LESS BODY FAT AND, IN PARTICULAR, LESS BELLY FAT.

3. THE JOURNAL OF NEUROSCIENCE FOUND NOT GETTING ENOUGH OF THE TYPE OF HEALTHY FATS FOUND IN FISH DURING PREGNANCY CAN LIMIT A BABY'S BRAIN GROWTH. THE RECOMMENDATION? MOM SHOULD EAT MORE FISH.

4. THE JOURNAL OF EPIDEMIOLOGY & COMMUNITY HEALTH FOUND PEOPLE WHO EAT THE MOST FISH HAVE AN AVERAGE OF 17% REDUCTION IN THE RISK OF DEPRESSION COMPARED TO PEOPLE WHO EAT THE LEAST FISH.

5. A USDA STUDY FOUND THAT 80-90% OF AMERICANS ARE CURRENTLY NOT EATING ENOUGH SEAFOOD TO MEET THE DIETARY GUIDELINES, MEANING MOST FOLKS ARE MISSING OUT ON ALL THE IMPORTANT HEALTH BENEFITS OF SEAFOOD.

#EATMOREFISH

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