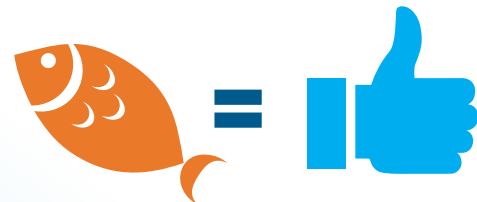


80-90% OF AMERICANS

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

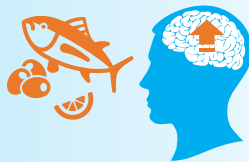
5 OF THE BIGGEST
SEAFOOD
STUDIES
IN **2015:**



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

**FOLLOW US
@DISHONFISH**



LEARN MORE

VISIT WWW.GETREALABOUTSEAFOOD.COM

TO GET THE FACTS AND FIND RECIPES THAT MAKE IT EASY TO INCORPORATE MORE DELICIOUS FISH INTO YOUR WEEKLY MEALS

