



HEALTHY PROTEIN
—— **FISH** ——
FOR A BALANCED DIET

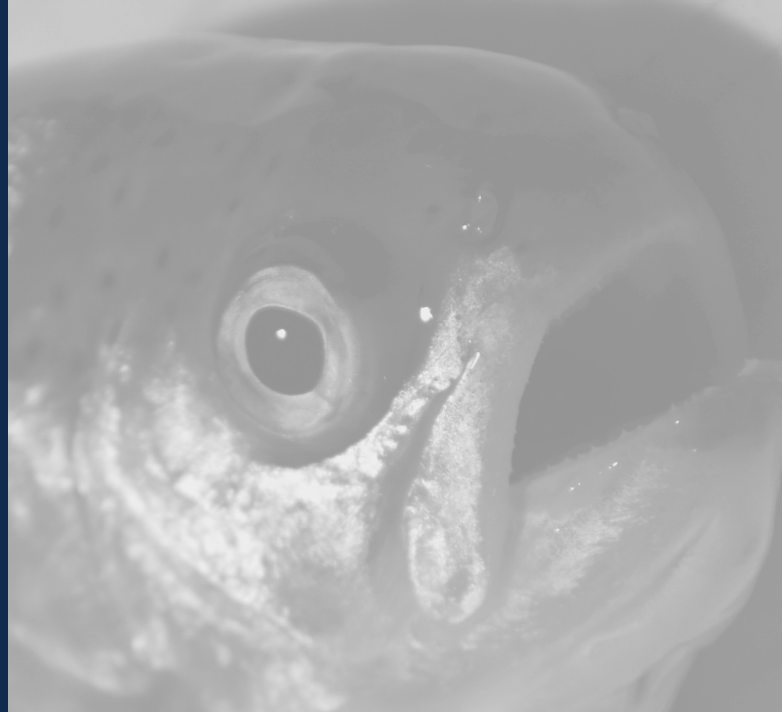


Fish is a healthy choice.

EAT SEAFOOD, BE KIND TO YOUR BODY

- Eating fish at least twice per week is part of a healthy eating pattern that can help prevent chronic diseases¹.
- Fish are a source of vitamins, minerals, and protein and may contain omega-3 fatty acids.
- Eating fish provides health benefits. It lowers the risk of heart disease, builds and repairs tissue, boosts brain health^{2,3}, and improves infant brain and nerve development³.

¹⁻³ For relevant research, visit
<https://iiseagrant.org/publications/fish-nutrition>



What to look for:

- Clear, bright eyes
- Moist, firmly attached scales
- Vibrant color and red gills (not faded)
- Mild smell (fresh fish does not smell "fishy" or rotten)

Find fresh, local fish at farmers markets, farm to table restaurants, aquaculture farms, and ethnic markets.

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