



Wild, Natural & Sustainable®

Wild ALASKA SEAFOOD for HEALTHY MOTHERS & BABIES

High levels of DHA in Alaska seafood has clear benefits for both mothers and infants.

Research shows that **OMEGA-3 FATTY ACIDS, DHA IN PARTICULAR, are essential nutrients in early human development.**

Diets that are low in DHA can have a detrimental impact on the development of brain and retinal (eye) tissues, resulting in abnormalities that may be irreversible.

Half of the brain's accumulation of **DHA OCCURS DURING PREGNANCY**, especially during the 3rd trimester.

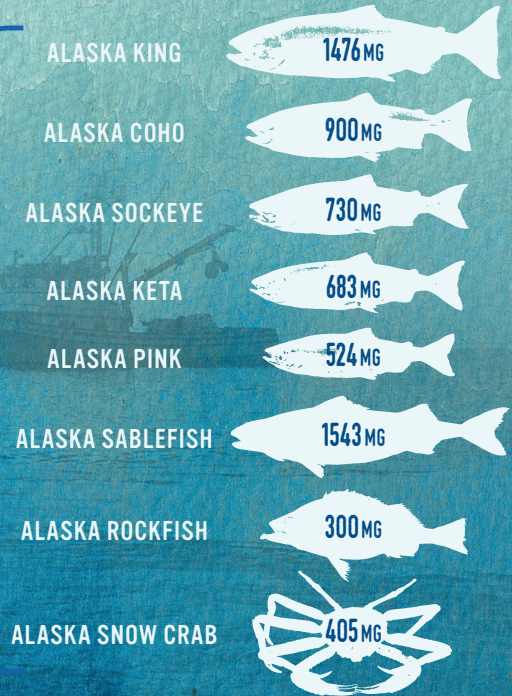
Because of this, there is an increased need for omega-3 fatty acid intake during pregnancy and while breastfeeding.

The amount of DHA in a mother's diet determines the amount of DHA AVAILABLE to be transferred to a fetus or infant.

Good for Mom and the Baby Too

DIETARY BENEFITS OF DHA FOR MOM & BABY

- The majority of women do not consume adequate amounts of DHA during pregnancy or while breastfeeding.
- A pregnant or lactating mother should aim to achieve an average dietary intake of at least 200 mg of DHA per day.
- Consume 8-ounces of wild Alaska seafood per week (4-ounces, twice per week)
- Wild Alaska seafood contributes other critical nutrients to support mom and a developing baby, including protein, vitamin D, selenium, potassium, and B vitamins.



AMOUNT OF DHA + EPA IN ALASKA SEAFOOD (3-OUNCES)

VISION:

DHA available in utero has proven to have protective benefits for optimal vision development in infants.

REDUCED MATERNAL DEPRESSION:

Inadequate levels of omega-3 fatty acids in the perinatal time period decreases rates of depression and postpartum depression in mothers.

CHOLINE:

Choline, which protects against neural tube defects, is vital for brain growth, and supports mental health and memory later in life, is under-consumed by 90-95% of pregnant women.

Wild Alaska salmon is a good source of choline, with a 4-ounce portion containing 25% of recommended daily value.

IMMUNE SUPPORT:

Adequate omega-3 fatty acid intake reduces inflammation and improves immune response. This reduces the likelihood and severity of asthma and allergies.

NEUROCOGNITIVE DEVELOPMENT:

The amount of DHA available in utero affects the development of the frontal cortex, which controls memory, language, attention, planning, and problem-solving. It also impacts the prefrontal cortex, which is involved in problem solving, social, emotional, and behavioral development.

NEUROBEHAVIORAL:

Increased omega-3 fatty acid intake during pregnancy and breastfeeding, DHA in particular, can impact mood, impulsivity, anxiety, social behaviors, and ADHD.

Access the full white-paper and literature sources here:

