

What do all of today's diet plans have in common?

EAT SEAFOOD

Whether you follow one diet strictly, or find balance in following multiple, seafood is the common key protein in your diet!



| DIET | CONTAINS SEAFOOD | WHY ALASKA SEAFOOD? |
|----------------------|------------------|---|
| PESCATARIAN | | Wild Alaska seafood is an excellent source of omega-3 fatty acids, B12, vitamin D and iron, which are often deficient in pescatarian diets. Shellfish, such as oysters, crab and others are an excellent source of zinc. |
| GLUTEN FREE | | Gluten free diets can often be deficient in nutrients such as vitamin D, selenium, iron and calcium. Including Wild Alaska seafood can help to ensure adequate intake of these valuable nutrients. |
| MEDITERRANEAN | | Wild Alaska seafood is a lean source of protein that contributes essential omega-3 fatty acids such as EPA and DHA, found almost exclusively in seafood. Wild Alaska seafood also provides nutrients such as vitamin D, B vitamins, selenium, zinc, and high-quality protein. |
| PALEO | | Wild Alaska seafood is a lean source of high-quality protein that provides vital nutrients for a Paleo diet such as omega-3 fatty acids, vitamin B12, selenium, and vitamin D. Canned salmon with bones is an excellent source of calcium, which can often be deficient in paleo diets. |
| KETO | | Wild Alaska seafood provides vital nutrients for people following a ketogenic diet such as omega-3 fatty acids, lean protein, vitamin B12, vitamin D, and selenium. Additionally, canned wild Alaska salmon with bones is a good source of calcium. |
| DASH | | Wild Alaska seafood is low in sodium, saturated fat and trans-fat, and high in heart-healthy omega-3 fatty acids. Alaska seafood also provides lean protein, potassium, calcium, vitamin D, selenium, and vitamin B12. |
| FLEXITARIAN | | Wild Alaska seafood provides key nutrients for diets where meat is eaten occasionally. These include lean protein, essential omega-3 fatty acids, iron, calcium, zinc, vitamin D, and vitamin B12. Consume 4-ounces of wild Alaska seafood twice per week. |
| VOLUMETRICS | | Wild Alaska seafood that is low in fat and calories is a nutrient-dense and satisfying addition to this eating pattern. Wild Alaska seafood such as cod, pollock, rockfish, lingcod, crab, and shrimp provide lean protein, omega-3 fatty acids, vitamin B12, selenium, and potassium. |
| MAYO CLINIC | | Wild Alaska seafood is a lean source of satisfying protein high in omega-3 fatty acids and low in saturated fat. It also contributes vital nutrients such as selenium, vitamin B12, and vitamin D. |
| NORDIC | | Wild Alaska seafood favorites of this diet include salmon and herring for their rich omega-3 fatty acid content and lean protein. Alaska seafood also provides vitamin D, B vitamins, selenium, potassium, iron, and zinc. |
| TLC | | Wild Alaska seafood contains nutrients to support optimal heart health, such as omega-3 fatty acids. It also provides lean protein, vitamin D, B vitamins, selenium, potassium, iron, and zinc. Eat 4-ounces of fatty fish twice per week, for people both with and without coronary heart disease. |

The USDA recommends eating



For more information on the nutrition benefits of Alaska seafood, visit our website at www.alaskaseafood.org/health-nutrition

#ASKFORALASKA

#SEAFOOD2XWK



WILD ALASKA SEAFOOD



ALASKA SOCKEYE SALMON



PACIFIC COD



RED KING CRAB



ALASKA KETA SALMON



PACIFIC HALIBUT



GOLDEN KING CRAB



ALASKA PINK SALMON



ALASKA POLLOCK



OPILIO SNOW CRAB



ALASKA KING SALMON



ROCKFISH



BAIRDI SNOW CRAB



ALASKA COHO SALMON



SABLEFISH



DUNGENESS CRAB



LINGCOD



WEATHERVANE SCALLOPS



PACIFIC OYSTER

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