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Healthy lifestyles begin with Alaska seafood

As your source for healthy, delicious and sustainable seafood, there's no end to what's good about Alaska seafood.

Healthy Brain

Protects brain cells and improves cognition and memory

Healthy Skin

Improves skin's elasticity, smoothness and can help with dry skin

Healthy Joints

Reduces the effects of rheumatoid arthritis

Healthy Active Bodies

Supports athletic performance and recovery

Healthy Eyes

Improves vision and prevents age-related macular degeneration

Healthy Heart

Reduces the chance of blood clots, heart attacks and strokes

Healthy Immune System

Vitamin E helps to fight infection and strengthen the immune system

Healthy Gut

Reduces the effects of chronic digestive disorders

Healthy Mom & Baby

Advances developing fetal brain and eyes

Healthy Bones

Keeps your bones strong by absorbing key nutrients to maintain bone density

Key nutrients

- Omega-3s (DHA and EPA)
- Vitamin E
- Vitamin D
- Vitamin A
- Vitamin B-12
- High-quality protein

#AskForAlaska



wildalaskaseafood.com

ALASKA SEAFOOD NUTRITION BENEFITS



ALASKA SEAFOOD OMEGA-3s: Essential DHA and EPA

Many people are aware of the health benefits of long-chain omega-3 fatty acids that are found exclusively in fish and shellfish: DHA and EPA. The body has a strong preference for these omega 3s versus those found in plants, such as avocados, walnuts or flax. It is important to know the difference to make smart choices for your health. Many species with the highest levels of omega-3s come from Alaska.



Omega-3s from seafood give your heart a health boost. Eating fish even as little as once a week reduces the risk of death by coronary heart disease, and that higher levels of DHA and EPA circulating in the blood correlates strongly with decreased risk of heart attack.



Omega-3s from seafood give your brain a mental edge. They are linked to sharper brain function, cognition and memory that comes from consuming seafood omega-3s: you may lower your risk of developing Alzheimer's disease, dementia, and possibly Parkinson's disease. After pregnancy, increased DHA consumption can lessen the symptoms of postpartum depression. Omega-3s may even help in treating patients with depression.



Omega-3s from seafood give your eyes a lift. Omega-3s are vital for healthy visual and retinal function and may also lower the chance of developing age-related macular degeneration (AMD). Once AMD develops, seafood omega-3s may slow or prevent the development of advanced AMD. They may also help with cataracts, dry eye, glaucoma and other visual disorders.

ALASKA SEAFOOD PROTEIN: A complete, high-quality protein source

Proteins from animal and fish sources are complete, high-quality proteins, while those from plants tend to be incomplete (with the exception of soy beans and quinoa). Alaska seafood provides the complete array of essential amino acids and contains highly digestible protein, which means the amino acids are readily absorbed by the body.



Protein from seafood gives your muscles fuel. The complete protein in seafood helps build, repair and maintain muscles.



Protein from seafood gives your body what it needs. A 3 oz. serving of most seafood provides about 1/3 of the average recommended daily amount (RDA) of protein that you need.

A 3 oz. portion is the size of the palm of your hand!

ALASKA SEAFOOD VITAMINS AND MINERALS: A natural source of essential micronutrients



While few foods naturally contain **Vitamin D**, seafood is an exception, with many types providing the full RDA of Vitamin D. Vitamin D is important for strong, healthy bones and helps muscle, nerve and immune system functioning.



Like other meat proteins, seafood is a natural source of B vitamins, such as **Vitamin B-12**. Vitamin B-12 is an important nutrient to help maintain energy levels and improve cognitive function. Alaska seafood also contains a wide variety of minerals including zinc, iron, calcium, and selenium.

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

The USDA

recommends eating



Do you?