

SEAFOOD: FUEL FOR SUCCESSFUL LEARNING!

When kids eat at least two servings of fish, such as canned tuna, each week, **THE BENEFITS ARE BIG:**



BRAIN-BOOSTING

IT'S ESPECIALLY IMPORTANT TO EAT THE RECOMMENDED AMOUNT OF FISH UP UNTIL AGE 2 BECAUSE THIS IS THE MOST RAPID TIME OF DEVELOPMENT. After age 2, fish is still important for **brain development**. The omega-3 fatty acids found in fish are **brain food for young brains**. Canned tuna has 150-300 mg of EPA/DHA omega-3 fats per 4 ounce serving.



EYE WELLNESS

MOMS WHO EAT TWO SERVINGS OF FISH WEEKLY DURING PREGNANCY CAN IMPROVE THEIR BABY'S EYE HEALTH. While eating fish *won't* lead to "X-Ray Vision" it can help with the **healthy development of young eyes**.



HEALTHY HEARTS

EATING FISH HELPS PREVENT HEART DISEASE AND STROKE LATER IN LIFE. Developing the habit of eating fish early in life sets a child up for a **lifelong healthful seafood habit**.

Between the soft texture and the delicious taste, fish *could* be every kid's favorite food! **HERE ARE SOME TIPS FOR HELPING KIDS ENJOY FISH:**



LIGHTER TASTES

Start with milder white fish like tilapia or canned tuna, which can taste and look lighter than other oilier fish. Try mixing tuna with full-fat or reduced-fat plain Greek yogurt; the extra creaminess will make it taste less 'fishy' for a **tuna fish sandwich—or dip served with tortilla chips**.

RESOURCE:
[Pan White Fish Video](#)



IT'S BURGER TIME

Like a crab cake, **form a burger patty with chunks of cooked or canned salmon**, along with grated cooked potatoes, chopped green onions and the 'pizza herb' dried oregano.

RESOURCE:
[Salmon Cake Video](#)



ADD CRUNCH APPEAL

Kids are sure to love fish sticks. They can be prepared quickly and in a healthy way right at home.

RESOURCE:
[Fish Sticks Video](#)



MAKE FISH FAMILIAR

Tacos are definitely kid-friendly. You can try shrimp or a white fish taco for your next meal. Add fat-free or low-fat cheese and sour cream—yummy! You're simply adding it to a dish they already love!

RESOURCE:
[Fish Taco Video](#)

SOURCES:

Hibbeln JR, Davis JM, Steer C, Emmett P, Rogers I, Williams C, Golding J. Maternal seafood consumption in pregnancy and neurodevelopmental outcomes in childhood (ALSPAC study): an observational cohort study. *Lancet*. 2007; 369(9561):578-85.

FDA, Quantitative Assessment of the Net Effects on Fetal Neurodevelopment from Eating Commercial Fish (As Measured by IQ and also by Early Age Verbal Development in Children). www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm