



Seafood gets *straight As*. Research shows that seafood's nutrition benefits students of all ages. That is why the Dietary Guidelines for Americans and American Heart Association both recommend eating seafood at least twice a week.^{1,2}

Seafood earns top grades in many ways:

A+ for needed nutrients:

Seafood is rich in nutrients needed for growth and development. However, many students' food choices lack these key nutrients. Seafood's nutrition profile includes:

- Vitamins A and D — necessary for normal eye and bone development.
- Omega-3 fats (EPA and DHA) — essential for growth and development, especially of eyes and brain.³

A+ for kids in the classroom and cafeteria:

Did you know kids who eat fish at least once per week may do better in school? Research shows an association between fish intake and better grades!⁴

The benefits of seafood go beyond just grades. Early exposure to seafood encourages kids to be lifelong fish eaters for lifelong benefits!

A+ throughout life:

Many types of seafood are rich in omega-3 fats — including EPA and DHA — two healthy fats that:

- Feed your brain: studies show fish eaters have bigger memory and learning centers.
- Better your sight: along with supporting healthy eye development, omega-3s support our ability to detect light.
- Have D for your bones: just one serving of salmon provides 100% of the daily recommended value for vitamin D!

Seafood earns an A+ throughout the lifespan because eating it regularly supports longevity! Eating seafood 2 to 3 times per week has been proven to reduce risk of death from any health-related cause.⁵



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A+ for versatility:

USDA MyPlate says to vary your protein routine and eat seafood twice a week. Offer seafood often in school meals in addition to meat and poultry.⁶ Seafood credits as meat/meat alternate. It also helps your school meet the National School Lunch Program guidelines for calories, saturated fat and sodium.

Seafood's mild flavor suits a variety of students' favorite dishes. Offer Alaska pollock in sandwiches, serve up fish tacos and quesadillas, or try broiled fish and chips!

Thanks to its versatility, fish adds a trendy twist to student favorites.



Tacos and Quesadillas → Catfish Tacos and Quesadillas

Chicken Parmesan → Parmesan Crusted Pollock

Grilled Cheese → Cheesy Tuna Melt

Hamburgers → Pollock Burgers

Asian Chicken Salad → Asian Pollock Salad

Chicken Tenders → Fish Sticks

Turkey Wrap → Tuna Wrap

Try all of these on your menu!

**A+ for variety:**

There are so many types of seafood to choose from. Frozen and canned varieties are easy to prepare and serve. The USDA Foods Available List offers several cost-effective options, including Alaska pollock, catfish and tuna. Other varieties can be ordered through your foodservice distributor.

REFERENCES:

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3. Simopoulos AP. Omega-3 fatty acids in health and disease and in growth and development. *Am J Clin Nutr* 1991; 54:438-63.
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What is seafood?

How are fish and shellfish different?

Seafood is any fish or shellfish that lives in salt or fresh water that is eaten as food.

Fish have fins and bones but do not have a shell.

Fish includes salmon, pollock, tuna and tilapia — just to name a few.

Shellfish have shells.

The two types of shellfish are crustaceans and mollusks.

- **Crustaceans** have long bodies and soft-jointed shells, like shrimp and lobster.
- **Mollusks** have a soft body, outer shell and no spine, like oysters and clams.