



# Seafood Health Facts: Making Smart choices Balancing the Benefits and Risks of Seafood Consumption *Resources for Healthcare Providers and Consumers*

## **Compare Benefits & Risks [1]**

Learn about the nutritional benefits and risks of seafood on the following pages.

### [Patients and Consumers \[2\]](#)

Learn about the nutritional benefits and risks of seafood. This content includes information for the general public.

### [Healthcare Professionals \[3\]](#)

This resource for professionals provides an overview of how risks and benefits of seafood consumption have been assessed by the scientific community and gives information on recommendations by government and health organizations.

### [Scientific Publications and References \[4\]](#)

These resources contain in-depth information and links to key scientific journal articles and government and health organization reports on risks and benefits of seafood consumption.



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**Source URL:** <https://www.seafoodhealthfacts.org/compare-benefits-risks>

### **Links**

[1] <https://www.seafoodhealthfacts.org/compare-benefits-risks>

[2] <https://www.seafoodhealthfacts.org/compare-benefits-risk/general-information-patients-and-consumers>

[3] <https://www.seafoodhealthfacts.org/compare-benefits-risk/general-information-healthcare-professionals>

[4] <https://www.seafoodhealthfacts.org/compare-benefits-risk/scientific-publications-and-references>