



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

### [Seafood Issues](#) [1]

#### **Customize Your Seafood Consumption Information**

There are a variety of different issues related to seafood products that are of interest and concern to different individuals. The information on this web site is primarily focused on Seafood and Health and how to balance the health benefits associated with eating seafood and minimize potential risks. Click on the boxes on the left to learn more.

[Seafood and Health](#) [2]

#### **Seafood and Health**

Current dietary guidelines suggest that all Americans should eat 2 to 3 seafood meals per week (8 to 12 ounces) of a variety of different seafood products.

**Click on the box to the left to learn how to maximize benefits and minimize risk based on the amount and type of seafood you eat.**

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[Seafood Sustainability](#) [3]

#### **Seafood Sustainability**

Issues related to fisheries management and the sustainability of ocean resources are important for many people.

**Click on the box to the left to learn about the NOAA Fish Watch site and sustainability issues.**

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[Seafood Choices and Market Issues](#) [4]

#### **Seafood Choices and Market Issues**

Issues related to seafood choices, where seafood comes from, and how the marketplace works and is regulated are important for many people.

**Click on the box to the left to learn more.**

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**Source URL:** <https://www.seafoodhealthfacts.org/seafood-issues-0>

**Links**

- [1] <https://www.seafoodhealthfacts.org/seafood-issues-0>
- [2] <https://www.seafoodhealthfacts.org/seafood-and-health>
- [3] <https://www.seafoodhealthfacts.org/sustainability-regulations>
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