



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

## **Seafood & Nutrition [1]**

Learn about seafood nutrition in the following pages for patients, consumers, and health care providers.

## **Patients and Consumers [2]**

These resources are intended for healthcare providers' patients and consumers who purchase and eat seafood.

## **Healthcare Professionals [3]**

These resources are for professionals who wish to have a more detailed explanation of the major concepts summarized in publications for the public, but do not have the time or desire to read journal articles or lengthy scientific publications.

## **Scientific Publications and References [4]**

Designed for individuals interested in reviewing the results of studies published in scientific or medical journals or by government agencies or health organizations.



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

### **Links**

[1] <https://www.seafoodhealthfacts.org/seafood-nutrition>

[2] <https://www.seafoodhealthfacts.org/seafood-nutrition/patients-and-consumers>

[3] <https://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals>

[4] <https://www.seafoodhealthfacts.org/seafood-nutrition/scientific-publications>