



# **Seafood Health Facts: Making Smart choices**

## **Balancing the Benefits and Risks of Seafood Consumption**

### *Resources for Healthcare Providers and Consumers*

## **Healthcare Professionals [1]**

### **General Information for Healthcare Professionals**

These resources are for healthcare professionals who want a more detailed explanation of the major concepts summarized in publications for the general public, but who do not have the time or desire to read journal articles or lengthy scientific publications. These resources are generally in the format of short fact sheets, position papers or articles intended for a professional audience.

### **Seafood and Current Dietary Recommendations [2]**

This section contains information on how seafood fits into the USDA Dietary Guidelines released in 2015, and an overview of specific recommendations.

### **Seafood Nutrition Overview [3]**

Information in the form of a one page overview of the positive nutritional properties of seafood products written for healthcare professionals is provided.

### **Fish and Shellfish Nutrient Composition Chart [4]**

This chart from the U.S. Food and Drug Administration provides information on the calorie, protein, fat, cholesterol and vitamin and mineral content of the Top 20 seafood items consumed in the U.S. This nutritional information is provided by FDA to retailers for voluntary display. Also included is a link to the USDA Nutrient Composition Laboratory searchable database that provides data on 24 major food groups including finfish and shellfish products.

### **Seafood Preparation and Nutrition [5]**

This information focuses on how different cooking methods affect the nutritional composition of seafood and provides comparisons between raw and processed seafood products.

### **Description of Omega-3s and their Role in Health [6]**

This information summarizes current information on the unique fats found in aquatic animals. Links are provided to other resources.

### **Omega-3 Content of Frequently Consumed Seafood Products [7]**

A table is provided that provides the level of EPA and DHA omega-3 fatty acids in the most commonly consumed seafood products.

### **Brochures and Reference Guides [8]**

These handouts are designed to provide an overview of seafood's positive nutritional benefits and summarize current advice about seafood consumption for healthy adults, women and children, and individuals who catch their own fish or shellfish. They are made to be easily printed and used as a quick reference or handout to patients.



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

### Links

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

[2] <https://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals/seafood-and-current-dietary-recommendations>

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

[4] <https://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals/fish-and-shellfish-nutrient-composition>

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

[6] <https://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals/description-omega-3%E2%80%99s-and-their-role-human-health>

[7] <https://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals/omega-3-content-frequently-consumed-seafood-products>

[8] <https://www.seafoodhealthfacts.org/sites/default/files/final-seafood-health-3fold-brochure.pdf>