



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

[Patients and Consumers \[1\]](#)

General Information for Patients and Consumers

These resources include information for the general public that is summarized to emphasize major points in a way that is easy to read and understand. This content is generally intended for healthcare providers' Patients and Consumers who purchase or eat seafood. This information is frequently in the format of pamphlets, charts, or short publications that can be used to help individuals and their families make informed and effective choices.

[Seafood and Current Dietary Recommendations \[2\]](#)

This section provides a brief overview of the USDA Dietary Guidelines for Americans, 2015-2020. Increasing the amount of seafood consumed to at least two meals per week is one of the recommendations.

[Seafood Nutrition Overview \[3\]](#)

Information on the nutritional components found in seafood including calories, protein, fat, vitamins and minerals.

[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.

[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.

[Health Benefits of Omega-3s \[6\]](#)

A summary of current information on the health benefits associated with the unique omega-3 fatty acids found in seafood. Links are provided to other resources.

[Omega-3 Content of Frequently Consumed Seafood Products \[7\]](#)

This chart compares the amount of omega-3 fatty acids found in the most frequently consumed types of fish and shellfish.

[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/patients-and-consumers>

Links

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<https://live-seafoodhealthfacts.pantheon.io/sites/default/files/final-seafood-health-3fold-brochure.pdf>