



HEART HEALTH & ALASKA SEAFOOD

Omega 3's from wild Alaska seafood give your heart a health boost.

Heart disease is the leading cause of death in both men and women. Eating fish as little as once per week reduces the risk of death from coronary heart disease, and higher levels of the DHA and EPA circulating lower the risk of fatal heart attack.



The most effective way to boost circulating levels of EPA and DHA is through direct ingestion of foods or supplements high in these compounds, such as wild Alaska seafood.

Find out more at www.alaskaseafood.org/health-nutrition and try nutritious recipes at www.wildalaskaseafood.com



www.alaskaseafood.org
www.wildalaskaseafood.com





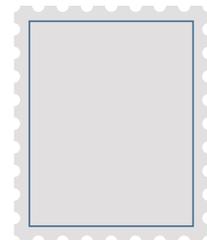
HEART HEALTH & ALASKA SEAFOOD

Omega-3 fatty acids in wild Alaska Seafood help to:

- Lower triglycerides in the blood, reducing the risk of heart disease.
- Increase levels of good cholesterol.
- Decrease blood pressure.
- Decrease risk of death after heart attack.
- Reduce side effects associated with stroke.
- Reduce inflammation.
- Consume at least two servings of fish per week.

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Alaska Seafood Marketing Institute
311 N. Franklin Street Suite 200
Juneau, AK 99801-1147





ALASKA SEAFOOD FOR INFLAMMATION

Chronic low-grade inflammation is constant and often goes unnoticed.

Inflammation occurs when unwanted substances (toxins, excess fat cells, etc.) build up, contributing to many diseases.



Eating foods high in omega-3's
like wild Alaska seafood is among the best dietary countermeasures, due to the anti-inflammatory properties present.

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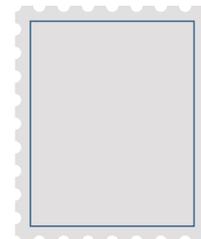


ALASKA SEAFOOD FOR INFLAMMATION

- Eating a whole food diet rich omega-3 fatty acids can reduce inflammation.
- Studies have shown that omega-3's have shown anti-inflammatory effect.
- The best dietary sources of omega-3's come from fatty fish, like wild Alaska salmon, halibut, herring, and sablefish.
- To reduce inflammation, consume 4 ounces of wild Alaska seafood rich in omega-3's twice a week.

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ALASKA SEAFOOD AND VITAMIN D

Vitamin D deficiency is common in individuals with depression, anxiety, and other mental health disorders.

Low vitamin D levels also place individuals at risk for developing rickets, cardiovascular disease, osteoporosis, and cancer. Many people are unable to get enough vitamin D from the sun, meaning they need a dietary source.



Wild Alaska Seafood

is an excellent source of vitamin D, with salmon, halibut, rockfish, and sole, all having high levels of this vital nutrient.

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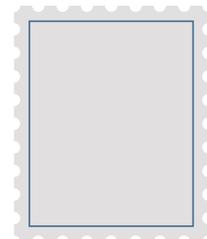


ALASKA SEAFOOD AND VITAMIN D

- Vitamin D
 - » Ensures muscles, heart, lungs and brain function properly, supports immune function, plays a neuroprotective role, and acts as a hormone.
- One of the most common nutrient gaps.
- Very few foods naturally contain vitamin D.
- Wild Alaska seafood species contain high levels of vitamin D due to their natural life cycles.
- Many Alaska seafood species offer 100% of the Vitamin D daily needs in a single serving.

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PREVENTING ALZHEIMER'S DISEASE AND DEMENTIA WITH ALASKA SEAFOOD

Consuming wild Alaska seafood that is rich in omega-3's has been proven to decrease the risk of developing dementia and Alzheimer's disease.

Given that 60% of our brains are made up of fat, omega-3 fatty acids are among the most important molecules that determine your brain's integrity and ability to perform.



Alaska Seafood is one of the world's
BEST MARINE DERIVED SOURCES OF THE OMEGA-3
Polyunsaturated Fatty Acids (PUFAs) EPA and DHA.

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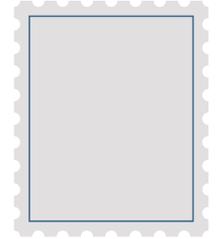




PREVENTING ALZHEIMER'S DISEASE AND DEMENTIA WITH ALASKA SEAFOOD.

- Alaska seafood is one of the world's best marine derived sources of the omega-3's EPA and DHA
- Consuming seafood as little as once per week decreases risk for both Alzheimer's and dementia.
- Increased intake of EPA and DHA from seafood increases the production of new brain cells and reduces risk of cognitive decline and Alzheimer's.
- Omega-3 fatty acids reduce brain inflammation that leads to cognitive decline.
- Omega-3 fatty acids enhance the body's ability to clear brain plaques.
- The potent effects of DHA are especially protective against genetic risks for Alzheimer's.
- Focus on consuming fish high in EPA and DHA such as Alaska salmon, sablefish, oysters, halibut, and sardines.

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ALASKA SEAFOOD FOR BOOSTING MOOD

Wild Alaska seafood is one of the world's most significant sources of EPA and DHA.

The connection between diet and brain health has been well documented, and omega-3 fatty acids, particularly EPA and DHA, can change your brain and help to improve your mood.



The omega-3 fatty acids found in fish, EPA and DHA, help to
PROTECT, RESTORE AND REBUILD THE BRAIN.

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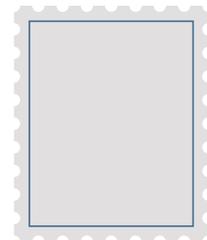


ALASKA SEAFOOD FOR BOOSTING MOOD

- Depression appears less in countries that have a high consumption of seafood.
- Reduced rates of depression, including postpartum depression, has been linked with consumption of seafood.
- Though still unclear, it is likely that seafood's positive impact on depression rates is due to its anti-inflammatory properties.
- Consuming wild Alaska seafood rich in omega-3 fatty acids boosts serotonin in the brain, helping prevent many mood imbalances and disorders.
- A nutrient-dense diet that is high in fatty fish reduces symptoms of depression.
- It is recommended to consume fatty fish, such as wild Alaska salmon, twice a week to get adequate amounts of EPA and DHA.

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ALASKA SEAFOOD FOR GUT HEALTH

Wild Alaska seafood is an excellent source of healthy omega-3 polyunsaturated fatty acids (PUFAs).

Research supports that omega-3 fatty acids exert their beneficial effects on overall health, brain function and behavior by positively influencing the gut microbiota composition and the functionality of the gut-brain axis.



Preventing 'bad' organisms from growing and letting
'GOOD' ONES FLOURISH.

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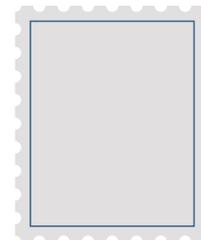
ALASKA SEAFOOD FOR GUT HEALTH

Gut benefits of Omega-3 fatty acids from wild Alaska Seafood:

- Increase diversity and abundance of bacteria in the gut.
- Reverse dysbiosis of the gut, especially in individuals with inflammatory bowel disease (IBD).
- Reduce systemic inflammation.
- Decrease intestinal permeability by increasing good bacteria and decreasing the bacteria that causes leaky gut.
- Improve glucose metabolism, which can reduce an individual's chances of developing insulin resistance or diabetes.
- Promote a beneficial anti-inflammatory effect which can restore an altered gut microbiota.

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ALASKA SEAFOOD FOR HEALTH DURING PREGNANCY

When a woman is pregnant or lactating, it is vital that her diet include enough DHA to ensure optimal brain, eye, immune and nervous system for her developing baby.



Omega-3 fatty acids, DHA and EPA, are essential fats that must be consumed in the diet as our bodies cannot produce these on their own. Consuming enough omega-3's can also lower an infant's chances of developing asthma or other allergic conditions. Additionally, Omega-3 fatty acids play a role in the length of gestation and in preventing perinatal depression.

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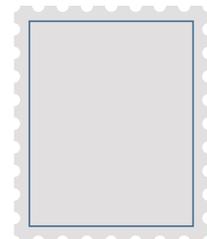


ALASKA SEAFOOD FOR HEALTH DURING PREGNANCY

- The omega-3 fatty acid DHA is especially important for expectant mothers and developing babies.
- DHA remains important beyond delivery as DHA is critical for brain development until the age of two.
- Guidelines recommend that women consume 200 mg per day of DHA during pregnancy/breastfeeding.
- Consuming 4-ounces of seafood rich in omega-3's, twice per week is enough to meet the needs of both mom and baby.
- Diets should include wild Alaska seafood sources high in omega-3's such as salmon, sablefish, herring, rockfish, and cod.
- Many Alaska seafood species are low in mercury, and are also high in selenium, which prevents mercury from acting in the body.

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ALASKA SEAFOOD AND INFANT NUTRITION

The omega-3 fatty acid DHA is essential for the growth and development of a baby's central nervous system, brain, and the retina in utero.



Infants and toddlers should consume optimal levels of DHA through breastmilk and a diet containing foods rich in DHA including wild Alaska seafood high in omega-3 fatty acids such as salmon, sablefish, herring, rockfish, and cod at least twice a week.



Wild Alaska Seafood
2X *per week*

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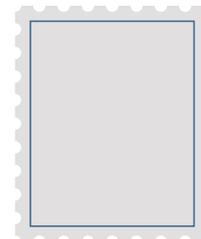




ALASKA SEAFOOD AND INFANT NUTRITION

- Adequate DHA consumption improves visual acuity as well as cognitive development in children.
- The third trimester is when the most significant amount of brain development occurs, and DHA is transferred at an even higher rate from mother to baby.
- For optimal DHA intake, a mother should consume 200 mg of DHA per day during pregnancy/ breastfeeding.
- Infants and toddlers should also consume optimal levels of DHA through breastmilk and a diet containing foods rich in DHA.
- Including wild Alaska seafood high in omega-3 fatty acids such as salmon, sablefish, herring, rockfish, and cod at least twice a week will help to ensure optimal brain, nerve and retinal development in children.

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NUTRIENTS IN WILD ALASKA SEAFOOD

Wild Alaska seafood is one of the most nutritious foods available on the planet.

Rich in High-quality Protein



Wild Alaska seafood species are loaded with nutrients that have multiple health-promoting benefits that reduce disease risk. It is also delicious and versatile, giving it a diverse menu in terms of both nutrition and flavor!

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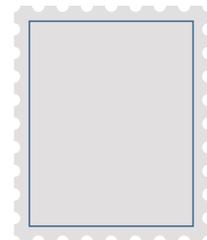
NUTRIENTS IN WILD ALASKA SEAFOOD

Wild Alaska Seafood offers nutrients including:

- **Omega-3 Fatty Acids** – Loaded with EPA and DHA, these fats reduce the risk of heart disease, Alzheimer’s Disease, lower inflammation and reduce the risk of cancer.
- **Vitamin D** – one of the most significant food sources of vitamin D available. This nutrient is critical for brain health, bone health, and reduced risk of cancer, diabetes and heart disease.
- **B Vitamins – niacin, B6 and B12** – essential for functions including energy production at the cellular level, creating and repairing DNA, and reducing inflammation.
- **Selenium** – protects bone health, decreases thyroid antibodies in people with autoimmune thyroid disease and may reduce the risk of cancer. It also protects against mercury toxicity.
- **Potassium** – helps to control blood pressure and risk your risk of stroke.
- **Iron, Copper, and Zinc** – necessary for a range of bodily function including wound healing, oxygen transportation, immune function, and cellular growth.
- **Protein** – rich in high-quality protein which plays a role in healing, protecting bone health and maintaining muscle mass.

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ALASKA SEAFOOD AND OMEGA-3'S

Wild Alaska seafood contains some of the highest levels of EPA and DHA on the planet.

One of the primary reasons Alaska seafood is so beneficial is the high levels of the omega-3 fatty acids EPA and DHA. Omega-3 fatty acids are high-quality fats that must come from food because our bodies produce only small quantities. These fatty acids have been tied to:

- Decreased rates of heart disease.
- Decreased rates of depression, anxiety, Alzheimer's disease, and cognitive decline.
- Brain and eye development in infants.

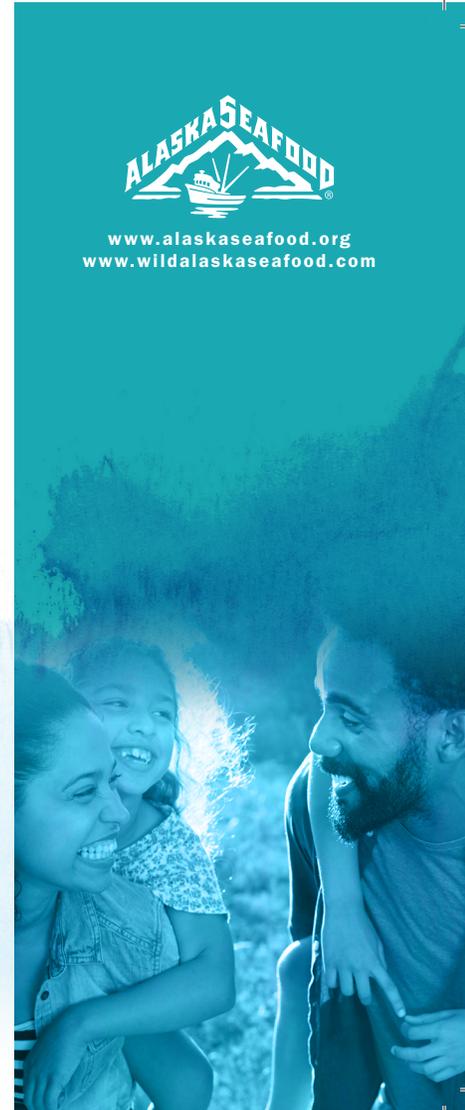


Dietary guidelines recommend consumption of 4-ounces of seafood, twice per week or 250 to 500 milligrams of EPA/DHA per day.

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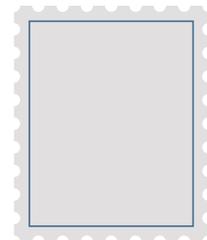
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ALASKA SEAFOOD AND OMEGA-3'S

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Wild Alaska Seafood

EPA + DHA

King Salmon	1476 mg
Coho Salmon	900 mg
Sockeye Salmon	730mg
Keta Salmon	683 mg
Pink Salmon	542 mg
Sablefish	1543 mg
Rockfish	300 mg
Herring	1807 mg

3 oz serving, USDA Nutrient Data Reference 28

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