Did you know:

**HEART DISEASE IS THE LEADING CAUSE OF DEATH** in both men and women. **THIS PREVENTABLE DISEASE causes 1 in 4 DEATHS in the United States.**

**DIET plays a VITAL ROLE IN THE PREVENTION of heart disease.**

**WILD ALASKA SEAFOOD IS RICH IN KEY NUTRIENTS to support heart health.**

**UNFORTUNATELY,** the majority of people are **NOT CONSUMING ENOUGH SEAFOOD to meet these nutrient needs.**

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**SEAFood Recommendations for your Heart**

*Eat at least 4 oz of fatty fish twice a week*

*Focus on consuming fish high in the Omega-3 fatty acids EPA & DHA →*

**Experts recommend at least 250-500 mg EPA/DHA per day, on average**

**Amount of DHA + EPA in Alaska Seafood (3-ounces)**

- **Alaska King Salmon:** 1476 mg
- **Alaska Coho Salmon:** 900 mg
- **Alaska Sockeye Salmon:** 730 mg
- **Alaska Keta Salmon:** 683 mg
- **Alaska Pink Salmon:** 524 mg
- **Alaska Sablefish:** 1543 mg
- **Alaska Rockfish:** 300 mg
- **Alaska Snow Crab:** 405 mg

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**Heart-Healthy Nutrients in Seafood**

**Vitamin D:** Studies have shown that vitamin D prevents cardiovascular disease. Adequate vitamin D levels reduce the risk of high blood pressure and lower risk of heart attack and stroke.

**Reduce Inflammation:** Omega-3 fatty acids, EPA and DHA, reduce inflammation linked to atherosclerosis and to increased risk of heart attack and stroke.

**Selenium:** Wild Alaska seafood is an excellent source of selenium. Selenium is important for the optimal function of the cardiovascular system. It is also a powerful antioxidant that reduces inflammation.

**Hypertension:** DHA reduces blood pressure and heart rate. Omega-3 fatty acids stimulate the production of nitric oxides, a substance that promotes relaxation of the blood vessel wall.

**Cardioprotective:** Omega-3 fatty acids in wild Alaska seafood are cardioprotective because they reduce the formation of clots or plaque. They also help to lower triglyceride levels and raise protective HDL.

**Reduce the Risk of Death:** Consumption of Omega-3 fatty acids reduce the risk of death, heart attack and strokes.

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**Wild ALASKA SEAFOOD & YOUR HEART**

*The link between seafood and heart health is clear. Eating seafood provides a positive benefit for heart health.*

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*Access the full white-paper and literature sources here:*