High levels of DHA in Alaska seafood has clear benefits for both mothers and infants.

**Research shows that OMEGA-3 FATTY ACIDS, DHA IN PARTICULAR, are essential nutrients in early human development.**

Diets that are low in DHA can have a detrimental impact on the development of brain and retinal (eye) tissues, resulting in abnormalities that may be irreversible.

**Half of the brain’s accumulation of DHA occurs during pregnancy, especially during the 3rd trimester.**

Because of this, there is an increased need for omega-3 fatty acid intake during pregnancy and while breastfeeding.

The amount of DHA in a mother’s diet determines the amount of DHA AVAILABLE to be transferred to a fetus or infant.

Good for Mom and the Baby Too

**DIETARY BENEFITS OF DHA FOR MOM & BABY**

- The majority of women do not consume adequate amounts of DHA during pregnancy or while breastfeeding.
- A pregnant or lactating mother should aim to achieve an average dietary intake of at least 200 mg of DHA per day.
- Consume 8-ounces of wild Alaska seafood per week (4-ounces, twice per week)
- Wild Alaska seafood contributes other critical nutrients to support mom and a developing baby, including protein, vitamin D, selenium, potassium, and B vitamins.

**AMOUNT OF DHA + EPA IN ALASKA SEAFOOD (3-OUNCES)**

- **ALASKA KING**: 1476 mg
- **ALASKA COHO**: 900 mg
- **ALASKA SOCKEYE**: 730 mg
- **ALASKA KETA**: 683 mg
- **ALASKA PINK**: 524 mg
- **ALASKA SABLEFISH**: 1543 mg
- **ALASKA ROCKFISH**: 300 mg
- **ALASKA SNOW CRAB**: 405 mg

**DHA available in utero has proven to have protective benefits for optimal vision development in infants.**

**REDUCED MATERNAL DEPRESSION:**

Inadequate levels of omega-3 fatty acids in the perinatal time period decreases rates of depression and postpartum depression in mothers.

**CHOLINE:**

Choline, which protects against neural tube defects, is vital for brain growth, and supports mental health and memory later in life, is under-consumed by 90-95% of pregnant women.

Wild Alaska salmon is a good source of choline, with a 4-ounce portion containing 25% of recommended daily value.

**NEUROCOGNITIVE DEVELOPMENT:**

The amount of DHA available in utero affects the development of the frontal cortex, which controls memory, language, attention, planning, and problem-solving. It also impacts the prefrontal cortex, which is involved in problem solving, social, emotional, and behavioral development.

**IMMUNE SUPPORT:**

Adequate omega-3 fatty acid intake reduces inflammation and improves immune response. This reduces the likelihood and severity of asthma and allergies.

**NEUROBEHAVIORAL:**

Increased omega-3 fatty acid intake during pregnancy and breastfeeding, DHA in particular, can impact mood, impulsivity, anxiety, social behaviors, and ADHD.