

Did you know?



Superfoods Fish

- Current recommendations are to eat 8 oz, or about 2 servings, of fish per week.
- Fatty fish such as salmon, sardines, anchovies, trout, mackerel and tuna offer the most omega-3 fatty acids.
- Visit seafoodwatch.org for recommendations on choosing fish that are farmed or fished in sustainable ways. The fish we serve comes from the best or good lists.
- Fish offer a balance of lean protein and heart healthy fats.
- Omega-3 fatty acids, including DHA and EPA, found in fish may help to improve heart health and are being studied for other possible benefits.
- Omega-3 fatty acids are important for healthy brain development in children.
- To keep mercury exposure low, pregnant women and young children should avoid shark, swordfish, tilefish and king mackerel.