



**BE A
LITTLE
SEAFOODIE**



**SEAFOOD
NUTRITION
PARTNERSHIP®**

littleseafoodies.com

#LITTLESEAFOODIES

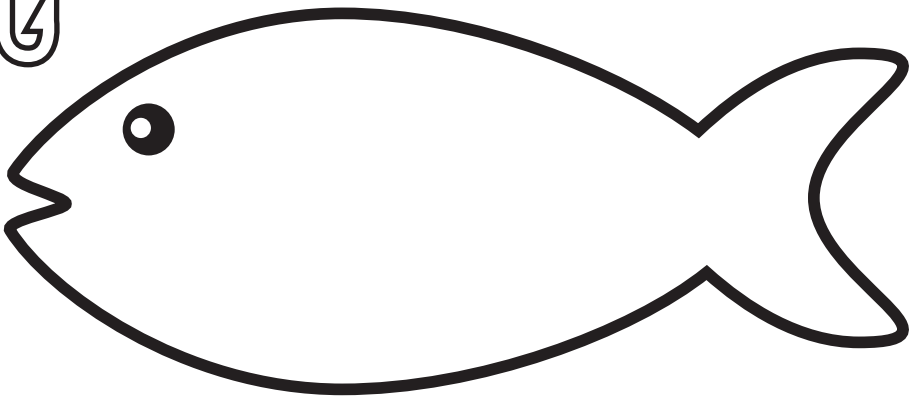
Reel in the health benefits!

EATING SEAFOOD 2X PER WEEK:

Builds a
**HEALTHY
BRAIN!**

Builds a
**HEALTHY
HEART!**

Builds
**STRONG BONES
AND MUSCLES!**



When kids eat at least two servings of seafood each week, the benefits are big. Fish and shellfish supply the nutrients, vitamins and omega-3s essential for strong bones, brain development, and healthy immune and cardiovascular systems. Seafood Nutrition Partnership offers suggestions for helping children do their best in the classroom and beyond. Learn more at seafoodnutrition.org/kids

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WHY FISH?



EYE SIGHT:

Nearly half of our eye's light detecting cell structure are made of omega-3s.

BRAIN FOOD:

A third of the brain's key functional units are made up of omega-3 fatty acids.

STRONG BONES:

Just one serving of salmon provides 100% of daily recommended vitamin D.

HEART HEALTH

Eating fish helps prevent heart disease and stroke later in life.

Did you know there are over 500 varieties of seafood available? Find some of the most popular below!

S G U U C Q G N P S S S
S A L M O N T H I H S U
D O C M Q L L N H R W T
S L E S S U M M A I O E
T C Y M T S D S M M R U
H U Y I W M C K I P D J
J J B T J A C T H G F R
Y W U I L O N J A W I B
G N O L L Q Y L M W S P
A U O L D A O L L U H A
L P O W Q M H C U K V Q
S P V K R O X W L E J X

COD

HALIBUT

MAHI MAHI

MUSSELS

POLLOCK

SALMON

SCALLOPS

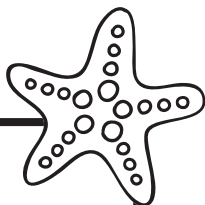
SHRIMP

SWORDFISH

TUNA

FUN FACT

The average shrimp has 10 legs.

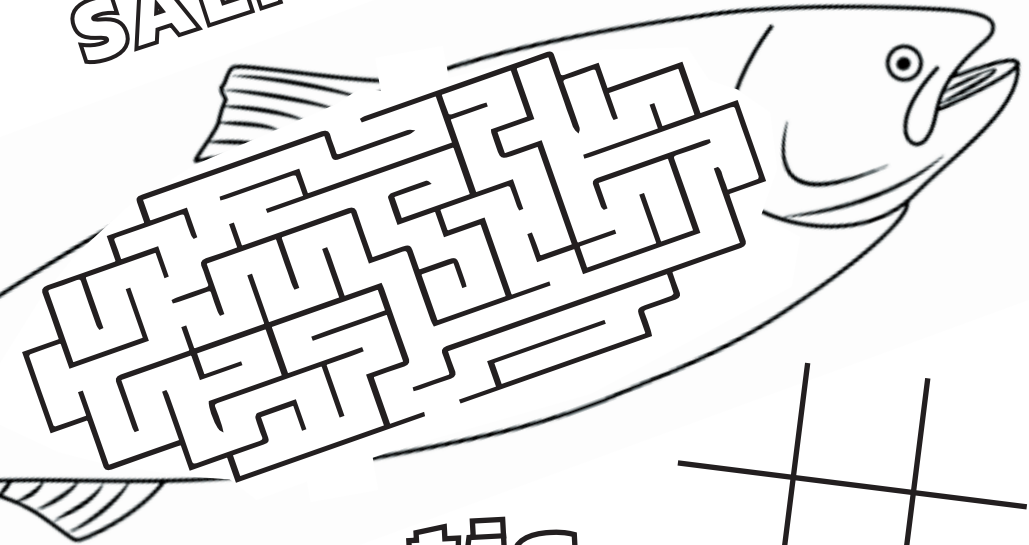


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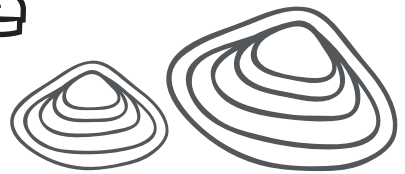
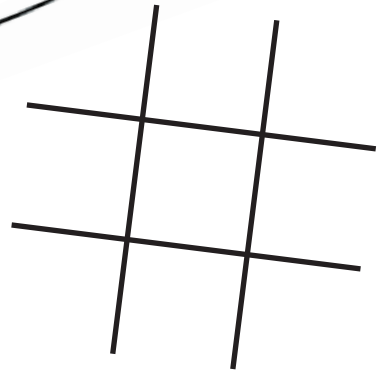
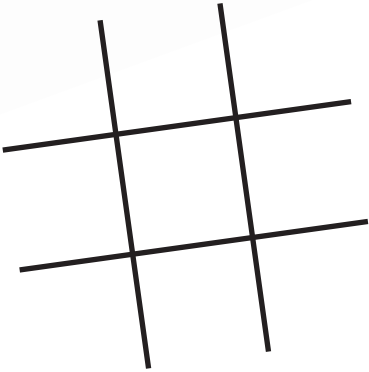
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Swimmin' SALMON

In a single year, Alaska salmon can migrate up to 10,000 miles — that's like going all the way across the continental U.S. and back, twice!



tic
tac
toe



**SUSTAINABLE
SEAFOOD
IS A WIN-WIN**

**Healthy for kids,
Healthy for
the planet.**

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DRAW YOUR DREAM TACO

