Weekly Challenge
Your challenge for this week is to try a new seafood dish and include 2 fish/seafood meals this week.

Quick Facts:
- The 2010 Dietary Guidelines for Americans recommends all adults eat fish twice a week.
- Seafood is a high quality protein.
- Most fish and shellfish contain less than 100 mg of cholesterol per 3-ounce servings.
- Seafood is considered the best dietary source of heart healthy omega-3 fatty acids.
- Many types of seafood contain fewer than 3 grams of fat per serving.
- Seafood is low in sodium.
- Seafood is a good source of vitamins B6 and B12.
- Seafood is an excellent source of minerals.
- Nutritional value of seafood is important for fetal growth and development.

The Benefits of Seafood

The benefits of seafood are so great that the 2010 government guidelines for Americans recommend average Americans increase their seafood consumption to at least 8 ounces a week, or about two servings. Adults now consume only about 3 1/2 ounces a week.

Seafood is nutrient-dense, meaning it packs healthy nutrients including omega-3s into less than a couple of hundred calories per 3-ounce serving. The Dietary Guidelines stresses consuming nutrient-dense foods. Nutrient-dense foods are lean or low in solid fat, sugars, and sodium. Nutrient-dense foods provide vitamins, minerals, and other substances that may have positive health effects, with relatively few calories.

Vary your protein choices – choose seafood more often for lunch or dinner. Look for seafood rich in omega-3 fatty acids, such as salmon, trout and herring.