

# Smart Seafood

## Be Healthy

Eating the right kinds of fish supports healthy growth and development, especially for kids! Seafood is:

- ✓ High in vitamins and minerals
- ✓ High in fatty acids like omega-3s that help brain growth and development
- ✓ High in lean protein
- ✓ Lower in saturated fats than beef or poultry
- ✓ Low in calories

## Be Safe

Check your local seafood advisory to find out how much and how often is safe to eat your favorite species. Whether you're going fishing, out to dinner or to the grocery store, make sure the fish you eat is healthy and safe!

PCBs

Mercury

## Word Jumble

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1. CEISPSE
2. FEAS
3. OCMUCBLIATNOUI
4. YCRMUR
5. HALEHT
6. OOADFE

## Be Smart

Some species are healthier than others. Seafood can contain contaminants like mercury and PCBs. Eating seafood high in contaminants can lead to health issues that affect growth and development.

- X Toxic pollutants can enter local lakes, streams and rivers and build up in animals across the food web in a process known as bioaccumulation.
- X Bigger fish higher up the food web tend to accumulate more contaminants than smaller species.
- X When we eat seafood, we ingest contaminants that build up in our own bodies over time.
- X Some people, including kids and pregnant women, are more susceptible to contaminants.

Bioaccumulation

