



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

October 7, 2024

National Seafood Month

Studies show that Omega-3s can reduce the risk of heart disease, depression, dementia and arthritis, and also improve overall happiness.

The American Heart Association recommends consumption of at least 250 to 500 milligrams of Omega-3 EPA+DHA. This is equivalent to about two meals (or 6oz) of oily fish per week.¹

Research has found that Omega-3s found in seafood can support brain health and wellness.

Vitamin D, EPA, and DHA all help regulate the production, release, and function of serotonin.

Consumption of fish products during the fall and winter months can help fight against mood disorders and seasonal depression.



> 1,000 milligrams (Anchovies, Herring, Salmon, Trout)

500 —1,000 milligrams (Alaskan Pollock, Crab, Mussels, Squid, Tuna)

250 —500 milligrams (catfish, Clams, Flounder, Halibut)



Which fish/fish products contain the highest Omega-3s?

Interested in learning more about how you can better manage your nutrition?

Contact the Nutrition Connection Services!

By Appointment Only

Email: nutrition-connection@iup.edu

Please provide your name, phone number, and email. A counselor will respond to schedule an appointment. Appointments are offered in-person or virtually via, Zoom.

1. Bachman C. Breaking news from American Heart Association: "keep saying yes to fish twice a week for heart health" • seafood nutrition partnership. Seafood Nutrition Partnership. June 27, 2023. Accessed October 1, 2024. <https://www.seafoodnutrition.org/research/american-heart-association-recommends-fish-twice-weekly/>