



Seafood

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1

Disclosures

None

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2


Healthy Seafood

- Benefits v. Risks
- How much?
- Save money
- Safe handling

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3

Benefits v. Risk



Vitamins & minerals	Contaminants (mercury)
Healthy fats	Environmental impact
Lower risk of heart disease	The “worm hole” (identity, etc.)

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4

How much?

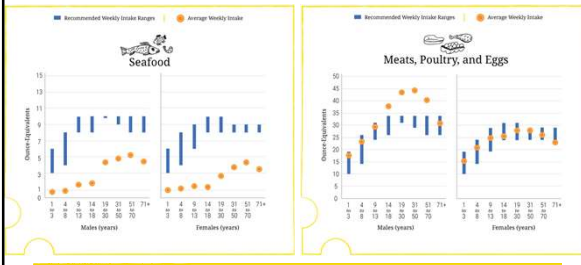
- Twice a week, make seafood—fish and shellfish—the main protein food on your plate.



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5

Intakes and Recommendations



Information adapted from the 2015-2020 Dietary Guidelines for Americans. Available at DietaryGuidelines.gov.

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6

How much?

- 8 ounces per week:
 - Drained can of tuna = 3-4 ounces
 - Salmon steak = 4-6 ounces
 - Small trout = about 3 ounces

7

Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 18-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children:

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Use this chart! You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

What is a serving?
To find out, use the page of your hand!

For an adult: 4 ounces
For children, ages 4 to 7: 2 ounces

Best Choices <small>EAT 2 TO 3 SERVINGS A WEEK</small>			OR <small>EAT 1 SERVING A WEEK</small>		
✓ Anchovy	✓ Herring	✓ Scallop	✗ Bluefish	✗ Monkfish	✗ Tilefish (Atlantic Ocean)
✓ Atlantic croaker	✓ Lobster	✓ Shad	✗ Butterfish	✗ Rockfish	✗ Tuna, albacore/white tuna, canned and fresh/frozen
✓ Atlantic mackerel	✓ American eel and eel	✓ Shrimp	✗ Carp	✓ Seafood	✗ Tuna, skipjack
✗ Black sea bass	✓ Hogfish	✓ Sole	✗ Chilean sea bass/Patagonian toothfish	✗ Sheepshead	✗ Tuna, yellowfin
Butterfish	✓ Oyster	✓ Snapper	✗ Grouper	✓ Spanish mackerel	✗ Weakfish/seatrout
✓ Catfish	✓ Pacific chub mackerel	✓ Sole	✗ Halibut	✓ Striped bass (ocean)	✓ White croaker/Pacific croaker
Clam	✓ Perch, freshwater and ocean	✓ Squid	✗ Mahi mahi/dolphinfish		
✓ Cod	✓ Pickled	✓ Trout, freshwater			
Crab	✓ Plaice	✓ Tuna, canned light (in-water, skipjack)			
✓ Crawfish	✓ Flounder	✓ Whitefish			
✓ Haddock	✓ Salmon	✓ Whiting			
✓ Hake	✓ Sardine				

✓ Highest in healthy fats EPA + DHA

Choices to Avoid HIGHEST MERCURY LEVELS

✗ King mackerel	✗ Shark	✗ Tilefish (Gulf of Mexico)
✗ Marlin	✗ Swordfish	✗ Tuna, bigeye

*Some fish caught by family and friends, such as larger oars, catfish, trout and perch, are more likely to have fish advisories due to concerns of other contaminants. State advisories will let you know when you can safely eat these fish.

www.FDA.gov/ohrtake
www.EPA.gov/fishchoice
EPA
U.S. FOOD & DRUG ADMINISTRATION

8

What if I don't eat fish?

- Recommendations do NOT apply to vegetarians and people with fish/shellfish allergies.
- Elsewhere, be sure to get:
 - Vitamins B12, D, E; iodine, phosphorus, and selenium
 - Omega-3 fats (ALA or DHA + EPA from algae oil)

9

Save money

- Try something new – buy what's available.
- Vary your seafood with canned choices, such as tuna and salmon.
- Don't overeat!



10

Handle safely

- Cook to 145°F, opaque and flakes easily with a fork
- Thawing: follow label instructions. Remove from vacuum-pack before thawing.



11