Wild Alaska seafood is one of the world’s most significant sources of EPA and DHA.

The connection between diet and brain health has been well documented, and omega-3 fatty acids, particularly EPA and DHA, can change your brain and help to improve your mood.

The omega-3 fatty acids found in fish, EPA and DHA, help to protect, restore and rebuild the brain.

Find out more at www.alaskaseafood.org/health-nutrition and try nutritious recipes at www.wildalaskaseafood.com
Depression appears less in countries that have a high consumption of seafood.

Reduced rates of depression, including postpartum depression, has been linked with consumption of seafood.

Though still unclear, it is likely that seafood’s positive impact on depression rates is due to its anti-inflammatory properties.

Consuming wild Alaska seafood rich in omega-3 fatty acids boosts serotonin in the brain, helping prevent many mood imbalances and disorders.

A nutrient-dense diet that is high in fatty fish reduces symptoms of depression.

It is recommended to consume fatty fish, such as wild Alaska salmon, twice a week to get adequate amounts of EPA and DHA.

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