Chronic low-grade inflammation is constant and often goes unnoticed.

Inflammation occurs when unwanted substances (toxins, excess fat cells, etc.) build up, contributing to many diseases.

Eating foods high in omega-3s like wild Alaska seafood is among the best dietary countermeasures, due to the anti-inflammatory properties present.

Find out more at www.alaskaseafood.org/health-nutrition and try nutritious recipes at www.wildalaskaseafood.com
Eating a whole food diet rich omega-3 fatty acids can reduce inflammation.

Studies have shown that omega-3's have shown anti-inflammatory effect.

The best dietary sources of omega-3's come from fatty fish, like wild Alaska salmon, halibut, herring, and sablefish.

To reduce inflammation, consume 4 ounces of wild Alaska seafood rich in omega-3's twice a week.

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