PREVENTING ALZHEIMER’S DISEASE AND DEMENTIA WITH ALASKA SEAFOOD

Consuming wild Alaska seafood that is rich in omega-3’s has been proven to decrease the risk of developing dementia and Alzheimer’s disease.

Given that 60% of our brains are made up of fat, omega-3 fatty acids are among the most important molecules that determine your brain’s integrity and ability to perform.

Alaska Seafood is one of the world’s BEST MARINE DERIVED SOURCES OF THE OMEGA-3 Polyunsaturated Fatty Acids (PUFAs) EPA and DHA.

Find out more at www.alaskaseafood.org/health-nutrition and try nutritious recipes at www.wildalaskaseafood.com
Alaska seafood is one of the world’s best marine derived sources of the omega-3’s EPA and DHA

- Consuming seafood as little as once per week decreases risk for both Alzheimer’s and dementia.
- Increased intake of EPA and DHA from seafood increases the production of new brain cells and reduces risk of cognitive decline and Alzheimer’s.
- Omega-3 fatty acids reduce brain inflammation that leads to cognitive decline.
- Omega-3 fatty acids enhance the body’s ability to clear brain plaques.
- The potent effects of DHA are especially protective against genetic risks for Alzheimer’s.
- Focus on consuming fish high in EPA and DHA such as Alaska salmon, sablefish, oysters, halibut, and sardines.

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