



Wild, Natural & Sustainable*

Wild & ALASKA SEAFOOD & YOUR HEART

The link between seafood and heart health is clear.
Eating seafood provides a positive benefit for heart health.

Did you know:

HEART DISEASE IS THE LEADING CAUSE OF DEATH in both men and women. THIS PREVENTABLE DISEASE causes 1 in 4 DEATHS in the United States.

DIET plays a VITAL ROLE IN THE PREVENTION of heart disease.

WILD ALASKA SEAFOOD IS RICH IN KEY NUTRIENTS to support heart health. UNFORTUNATELY, the majority of people are NOT CONSUMING ENOUGH SEAFOOD to meet these nutrient needs.

SEAFOOD RECOMMENDATIONS FOR YOUR HEART

Eat at least 4 oz of FATTY FISH twice a week

Focus on consuming FISH HIGH IN THE OMEGA-3 FATTY ACIDS EPA & DHA →

EXPERTS RECOMMEND at least 250-500 mg EPA/DHA per day, on average

ALASKA KING SALMON

1476 MG

ALASKA COHO SALMON

900 MG

ALASKA SOCKEYE SALMON

730 MG

ALASKA KETA SALMON

683 MG

ALASKA PINK SALMON

524 MG

ALASKA SABLEFISH

1543 MG

ALASKA ROCKFISH

300 MG

ALASKA SNOW CRAB

405 MG

AMOUNT OF DHA + EPA IN ALASKA SEAFOOD (3-OUNCES)

HEART-HEALTHY NUTRIENTS IN SEAFOOD

VITAMIN D: Studies have shown that vitamin D prevents cardiovascular disease. Adequate vitamin D levels reduce the risk of high blood pressure and lower risk of heart attack and stroke.



HEART RATE: Omega-3 fatty acids reduce resting heart rate and helps heart rate return to resting more quickly after exercise. They also prevent atrial fibrillation in individuals with heart failure.



HYPERTENSION: DHA reduces blood pressure and heart rate. Omega-3 fatty acids stimulate the production of nitric oxides, a substance that promotes relaxation of the blood vessel wall.

REDUCE INFLAMMATION: Omega-3 fatty acids, EPA and DHA, reduce inflammation linked to atherosclerosis and to increased risk of heart attack and stroke.



CARDIOPROTECTIVE: Omega-3 fatty acids in wild Alaska seafood are cardioprotective because they reduce the formation of clots or plaque. They also help to lower triglyceride levels and raise protective HDL.

SELENIUM: Wild Alaska seafood is an excellent source of selenium. Selenium is important for the optimal function of the cardiovascular system. It is also a powerful antioxidant that reduces inflammation.



REDUCE THE RISK OF DEATH: Consumption of Omega-3 fatty acids reduce the risk of death, heart attack and strokes.

Access the full white-paper and literature sources here:

