

THE IMMUNE-BOOSTING POWER OF SEAFOOD

When eaten as part of a healthy diet, the nutrients in seafood may help support a healthy immune system.

Omega-3s:

Help support a healthy immune system, and may help protect against depression and boost mood.¹



Iron:

Helps carry oxygen from lungs throughout the body.²



Selenium:

An antioxidant that helps protect against oxidative stress in the body and may help support a healthy immune system.⁵



Vitamin D:

Helps promote healthy immune system and may help support respiratory health.³



Protein:

Helps promote cell repair and recovery.⁴



Americans are turning to seafood as a favorite protein option, and with good reason. Seafood is widely available and offers many options: fresh, frozen and shelf-stable. Plus, seafood provides healthful nutrients that help to support immune health.

¹ <http://www.ncbi.nlm.nih.gov/pubmed/20584525>

² Cherayil BJ. Iron and immunity: immunological consequences of iron deficiency and overload. Arch Immunol Ther Exp (Warsz). 2010 Dec;58

³ Mahase E. Covid-19: death rate is 0.66% and increases with age, study estimates. BMJ. 2020;369:m1327. <https://www.bmj.com/content/369/bmj.m1327/rr-1>

⁴ Klemm S. Support your health with nutrition. Academy of Nutrition and Dietetics. Published December 9, 2019. Reviewed April 2020. <https://www.eatright.org/health/wellness/preventing-illness/support-your-health-with-nutrition>

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3723386/> & <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3277928/>