

**Supporting Research:** New Report Reaffirms Seafood’s Important Role in the Diet: The 2020 Dietary Guidelines Advisory Committee recently put out a Scientific Report reaffirming the well-established, lifelong benefits of eating seafood—from boosting brain and eye development in babies to supporting heart and brain function and a healthy weight for adults. The powerhouse omega-3 oils found in fish, which are especially important for pregnant mothers and their children.

Vitamin D Foods: Seafood is a Rare Natural Source: Seafood is one of the few natural sources of vitamin D. The 2020 Dietary Guidelines Advisory Committee’s Scientific Report designates vitamin D as a “nutrient of public health concern” because nearly all Americans—94 percent—aren’t getting enough of it. Individuals who have dark skin, malabsorption issues, are older or live north of Atlanta, GA during the winter months are more likely to be vitamin D deficient. Some seafood—like salmon, trout and tuna—offer natural levels of vitamin D that may be higher than fortified foods, like cereal.

USDA: Adequate Intake of all Nutrients, including Vitamin D - The Advisory Committee’s Scientific Report takes an “all of the above” approach to encouraging adequate intakes of all nutrients, including vitamin D. If you’re looking to get more vitamin D through diet, eating seafood is a no-brainer. Plus, seafood boasts other important nutrients that help reduce inflammation and support a healthy immune system, like protein, omega-3s, vitamins and B, iron, zinc and selenium. Experts recommend Americans include fish more often as a source of protein on their plates.