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NATIONAL
FISHERIES
INSTITUTE



Health Benefits of Fish



What Role Do The Proteins, Vitamins, Minerals, & Omega-3 Fatty Acids Found In Seafood Play In Human Health?

Brain

- Aids in infant neurodevelopment and the building of brain tissue
- May reduce the incidence of depression
- May reduce the risk of Alzheimer's disease

Eyes

- Contributes to vision development and nerve growth in the retina
- May reduce symptoms of dry eye syndrome

Heart*

- Reduces the risk of cardiovascular disease
- Reduces the risk of stroke
- Helps protect against heart attack and sudden death
- Decreases blood pressure slightly
- Decreases risk of heart arrhythmias
- Decreases blood triglyceride levels and increases HDL (good) cholesterol
- Improves circulation

Lungs

- May reduce symptoms of asthma and bronchitis
- May decrease risk for COPD (chronic obstructive pulmonary disease)

Muscles

- Helps build muscles and tissues

Joints

- May help relieve symptoms and inflammation caused by rheumatoid arthritis

Digestion

- May help relieve symptoms of ulcerative colitis and Crohn's disease

Skin

- May ease the effects of aging and sun damage
- May help relieve symptoms of psoriasis and eczema

