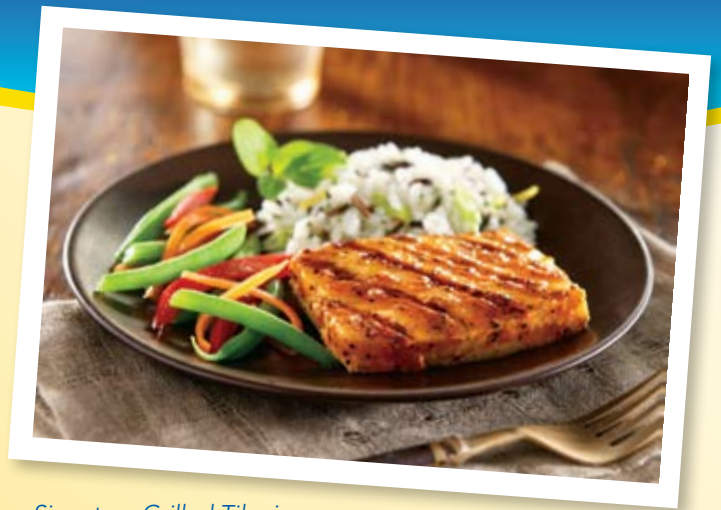




Seafood and You: A Lifetime of Good Health

The Dish on Fish



Signature Grilled Tilapia
with Seasonal Vegetables and Rice

It's common knowledge that seafood is good for you and there are multiple reasons why. **Fish and seafood – like shrimp, tilapia, and salmon – are a natural source of lean protein and critical nutrients** like vitamins and minerals including iron; zinc; and vitamins A, B and D. But what really sets fish apart from other healthy foods is that it is a natural source of two healthy omega-3 fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Research shows these omega-3 fatty acids promote good health and may reduce your risk of chronic disease. Since our bodies cannot make omega-3 fatty acids, it's important to regularly include them in our diets.



“Medical experts have long known of the benefits of fish rich in omega-3 fatty acids in the fight against heart disease, but it is just as vital as brain food.”

Professor Michael Crawford, PhD CBiol, FIBiol, FRCPath, is founder and director of The Institute of Brain Chemistry and Human Nutrition, London, and one of the world's foremost authorities on seafood and brain development research.



Signature Grilled Tilapia
over Cabbage Slaw

Health Benefits of Eating Fish

Studies show that a diet containing omega-3 fatty acids may:

- ✓ Promote heart health
- ✓ Decrease blood pressure, triglycerides, and cholesterol levels
- ✓ Improve arthritis and joint pain
- ✓ Lessen symptoms of depression and Attention Deficit Hyperactivity Disorder (ADHD)
- ✓ Support eye health
- ✓ Enhance brain growth and development
- ✓ Aid brain growth in unborn babies, infants and kids
- ✓ Decrease the risk for certain cancers
- ✓ Reduce the symptoms of Alzheimer's disease



A Heart-Smart Choice

Omega-3 fatty acids, which occur naturally in fish, benefit the hearts of both healthy people and those at high risk of - or who have - heart disease.

The link between omega-3 fatty acids and heart disease risk reduction are still being studied, but research has shown many benefits including reduced inflammation, a known cause of heart disease and stroke.

The American Heart Association recommends that we eat fish at least two times per week.



Grilled Shrimp with Rice and Veggies

Pregnancy and Fish

Pregnancy increases the need for nearly all nutrients. Several of these are abundant in fish – like selenium, iron and iodine.

One nutrient that occurs naturally in fish: the omega-3 fatty acid, DHA, promotes brain development in unborn babies.

The Food and Drug Administration (FDA) recommends that pregnant women eat 2-3 servings of fish per week (up to 12 ounces).



Grilled Salmon Caesar Salad



Feel good about your choices:

Eat better by adding seafood to your diet

Eating fish or shellfish two times per week (up to 12 ounces) is a healthy, delicious way to lead a healthier life.

Here are some tips to make it easy to get 2-3 healthy servings of seafood each week:

- ✓ **Enjoy a variety of seafood.** Gorton's offers a wide range of healthy seafood options, including all-natural grilled fillets, tilapia and salmon fillets.
- ✓ **Serve healthy portion sizes.** Gorton's single serve Grilled Fillets are freshly caught, flash frozen and expertly prepared, giving you a healthy seafood meal that's ready and on the table in minutes.
- ✓ **Choose perfectly seasoned seafood every time.** Get all the flavors you love without opening your spice cabinet. Gorton's takes the guesswork out of seafood prep with its deliciously pre-seasoned fillets and shrimp.
- ✓ **Break out of your menu routine.** Instead of serving yet another grilled chicken sandwich, swap a delicious, protein-packed, flame-grilled fish fillet with natural omega-3 fatty acids.
- ✓ **Delight family and friends with seafood.** Gorton's seafood options are a perfect way to make dinner special. Serve crowd-pleasing shrimp with your favorite dipping sauce or over your preferred pasta.
- ✓ **Enjoy restaurant favorites at home.** Instead of heading out for your favorite seafood such as Grilled Shrimp or Fish 'n' Chips, try Gorton's Grilled Shrimp over salad or Gorton's Beer Batter Fillets with your favorite French fries. It's easy to make an affordable, restaurant-quality meal everyone will enjoy.



For more information about the health benefits of seafood, serving suggestions, and recipes from Gorton's, visit:

www.gortons.com

Sources:

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