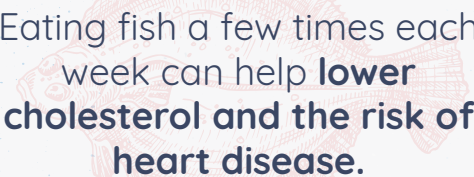# HEALTH BENEFITS OF
SEAFOOD

From sushi to baked salmon, there are many ways to enjoy seafood and its numerous health benefits. It's a delicious source for getting essential nutrients while being light on calories and carbs. Below are some reasons you should incorporate fish into your diet.

1
Seafood averages **less than 2% fat** and is **low in calories.**

2
Eating fish a few times each week can help **lower cholesterol and the risk of heart disease.**

3
Seafood is a **great source of protein**—often better than pork, beef or chicken.

4
Many vital **nutrients, vitamins and minerals** can be found in seafood.

5
Fish contains **omega-3 fatty acids** that help with body and brain function.

6
Eating seafood may **reduce the risk of autoimmune diseases,** such as Type 1 diabetes.

Franciscan HEALTH