



An Ocean of Choice

Seafood is not just filled with omega-3s. Seafood includes other vital nutrients optimal for overall health and wellness, such as selenium, iron, vitamin B-6 and B-12, and protein.

So many great seafood options to choose from, they each offer a unique nutrient profile. Here are just a few highlights:



CLAMS have more vitamin B-12 per serving than any other food — 1,868% of the daily value, to be exact. B-12 keeps nerves and blood cells healthy, balancing mood and fighting fatigue.



COD is the leanest protein available, meaning the protein to calorie ratio beats out any other food. That could be why Dwayne “The Rock” Johnson eats it as his main protein — averaging 253 oz. of cod a week!



LOBSTER is a tasty way to get a boost of thyroid-boosting iodine. A 100-gram serving of the crustacean provides 100 micrograms of the essential mineral, or 67% of the recommended daily intake.



OYSTERS are pumping iron, well, at least they are providing it in abundance. A serving has 60% of your daily needs — or if you’re just enjoying an appetizer, it’s about 4% DV for each oyster.



SALMON is helping fight American’s Vitamin D deficiency with 100% of your daily “sunny D.” Swordfish is also really high in this bone-strengthening vitamin, which is naturally present in very few foods.



SARDINES boast 43% of your daily value of calcium, because of the tiny, edible bones, plus another whopping 169% of your daily vitamin B-12, 85% of selenium and 56% of phosphorus.



SHRIMP is a lean protein and a great source of selenium (80% DV) and iodine (30%), which are both helpful in thyroid support, and a healthy thyroid supports a healthy metabolism.

Statistics based on 4 oz. servings. Data from USDA Nutrient Database.