

## Why not...

- **Boost your baby's growth and development** by eating at least two portions of seafood every week.
- **Vary the seafood you eat** to ensure that you get a wide range of nutrients.
- **Check that your seafood comes from sustainable sources** by asking your fishmonger.

## Try this recipe...

### Mackerel with dill and new potatoes

Serves 2



#### Ingredients

- 4 mackerel, each weighing about 175-225g/6-8oz
- 450g/1lb new potatoes
- 1 small bunch of fresh dill, chopped, stalks reserved
- 50g/2oz seasoned flour
- 25ml/1fl oz vegetable oil
- 25g/1oz unsalted butter
- 1 lemon
- salt

#### Method

1. Fillet the mackerel.
2. Boil the new potatoes in a pan of well-salted water with the dill stalks.
3. Dust the fillets in the seasoned flour and shake off any excess. Heat the oil in a frying pan and add a knob of the butter. Fry the mackerel for 3 minutes on each side then remove from the pan.
4. Pour away the fish-frying oil and butter. Add the rest of the butter to the pan and heat until it smells nutty. Squeeze the juice of half the lemon into the pan then pour over the fillets. Season the mackerel with salt, sprinkle over the dill and serve.



these little nippers  
can help

this little  
nipper  
to grow



enjoy seafood  
2 a week

For more information visit the Seafish website  
[www.seafish.org/2aweek](http://www.seafish.org/2aweek)



Check out the **seafood2aweek**  
page on Facebook®

Facebook is a registered trademark of Facebook, Inc.



Eating seafood during pregnancy  
will help to boost your baby's  
brain functionality.

**SEAFISH**  
the authority on seafood

## Give your baby the best possible start

Your baby's brain is almost completely built before birth and the remaining cells are formed within the first years of life.

Eating seafood during pregnancy and while breast-feeding will help to boost your baby's brain development.

Oil-rich seafood such as mackerel and herring are great sources of the essential fatty acid Omega-3. Omega-3 is important for the development of your baby's brain, eyes and nervous system.

## Packed with goodness

As well as being the richest natural source of Omega-3, seafood packs a wealth of essential nutrients such as:

**Iron**  
needed to help you and your baby make new blood cells

**Protein**  
to help your baby build healthy cells and muscles

**B-vitamins**  
responsible for converting food to energy and for making new blood cells

**Calcium**  
it is important to eat plenty of calcium-rich foods to keep your bones strong through pregnancy

**Vitamin D**  
helps to absorb calcium

**Iodine and Selenium**  
necessary for thyroid hormone and a balanced metabolism

Varying the types of seafood that you eat is the best way to maximise the benefits from the numerous vitamins and minerals they contain.

There are plenty to choose from with more than 100 different types of seafood available around the coast of the UK, and many more imported from other countries.



**Take care:** Swordfish and marlin may contain raised levels of cadmium and mercury. These metals are found naturally in the environment but scientists recommend that pregnant women, breast-feeding women, women of childbearing age and young children should limit their intake of these species. Eating tinned tuna (not fresh) up to twice a week during pregnancy is fine.

### Boost your baby's development with mackerel and herring...

Oil-rich fish such as mackerel or herring are full of long chain Omega-3 oils, also found in every cell of the human body. These oils are vital for human biological functions, particularly brain development.

### Mussels and crab are tasty too...

These species of seafood have emerged as key sources of Omega-3 – good news for those who may not be keen on the taste of stronger flavoured fish.

### Cod, pollack and haddock for tired mothers...

Protein-rich seafood (lean whitefish) is low in fat and full of nutrients that will boost your immunity and help to convert food into energy. Great for tired new mothers!



Sardines are a good source of calcium and will help to keep your bones strong during pregnancy.

## Did you know?

70% of your baby's brain cells will be created inside the womb so maternal nutrition is very important.

Breast-milk is a growing baby's only source of the fatty acid Docosahexaenoic acid (DHA), it needs to complete building

brain cells. Experts estimate that eating more seafood could help increase the level of DHA in breast-milk. If the UK doubled its intake of seafood, the incidence of baby blues (or post natal depression) could be reduced from an average of one in six live births to one in twelve.