

Why not...

- **Encourage your children** to eat at least two portions of seafood each week to help keep them in tip-top shape.
- **Vary the seafood** they eat to ensure that they get a wide range of nutrients.
- **Check that your seafood comes from sustainable sources** by asking your fishmonger.

Try this recipe...

Fishy Pasta

Serves 1



Ingredients

- 285g plaice or lemon sole fillets
- skinned and diced
- 30g unsalted butter
- 1 shallot, finely chopped
- 1 small leek, chopped
- 300ml boiling water
- 1 bay leaf
- 300m passata (sieved tomatoes)
- 85g quick cook macaroni

Method:

1. Melt butter in a saucepan; add shallot and leek, cook for 5 minutes until soft.
2. Add water, bay leaf and passata.
3. Bring to the boil and add the macaroni. Simmer for 10 minutes, stirring occasionally until most of the liquid is absorbed.
4. Add the fish and simmer for a further 3-4 minutes, stirring occasionally.
5. Remove bay leaf and serve.

For more information visit the Seafish website
www.seafish.org/2aweek



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these little fish
can help



these little ones
grow up healthy



enjoy seafood
2 a week

Eating seafood gives kids a natural source of Omega-3 and other nutrients essential for physical and mental growth.

SEAFISH
the authority on seafood

Treat your children to healthy seafood

Seafood is not only fresh, natural and tasty, it's also very good for the health, vitality and development of your children.

Encouraging your children to eat seafood as part of a balanced diet will:

- Help them reach their full height
- Make their bones strong
- Keep their skin healthy
- Help their muscles to develop properly
- Help brain development.

Scientists recommend that we should all eat two portions of seafood a week. One portion should be oil-rich fish such as herring or mackerel.

There are loads of delicious options out there, with more than 100 different types of seafood caught around our coastline. And you can eat seafood at any time of the day – breakfast, lunch or dinner!

Packed with goodness

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

Omega 3
important for brain development

Iron
needed to help you make new blood cells

Protein
to help your child 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

Vitamin D
helps to absorb calcium

Vitamin A
essential for healthy eyes and skin

Iodine
keeps your metabolism running at the right level



Seafood for brain power!

Did you know that encouraging your children to eat more seafood may improve their brain functionality and help them to concentrate better in class? The boost comes from Omega-3, which you'll find particularly high levels of in oil-rich fish such as mackerel or herring.



Anchovies are a great source of calcium and taste fantastic on pizza!

Seafood your kids can eat...

...to keep their skin clear

The nutrients in oil-rich fish such as mackerel or herring will help to keep skin clear, hair shiny and eyes bright.

...to make them feel happy

Eating well can have a positive effect on moods – even for teenagers! Scientists have also found that eating seafood can lower the risk of depression.

...to stay in shape

In a world of junk food, seafood is not only delicious to eat, it's also one of the lowest-fat forms of protein and minerals. Eating lean whitefish such as cod and haddock will keep children at the right weight, boost their immunity and help to convert food into energy.

Keeping your bones strong

Calcium is the most abundant mineral in our bones so it's important to include calcium-rich foods such as seafood in our diets – and it's particularly important for little people growing up! Seafood helps to build stronger bones for kids – both now and later in life.

