



## Chicken of the Sea Twice a Week for Better Health Fact Sheet

### Seafood: A Nutrition Powerhouse

- Seafood is filled with heart-healthy omega-3 fatty acids, protein, selenium and vitamin D, and is low in saturated fat, cholesterol and calories.
- The American Heart Association, USDA Dietary Guidelines for Americans, American Medical Association and American Diabetes Association all say consumers should eat fish at least twice a week.
- *The Journal of the American Medical Association* says eating fish reduces the risk of death from coronary disease — the single largest killer of Americans, according to the American Heart Association — by 36 percent.
- The American Diabetes Association has stated nearly 20 million Americans have diabetes — many who don't even know it yet. Foods low in calories and high in protein, and omega-3, such as seafood, can help reduce the disease's effects.
- More than 44 million Americans are considered obese — 37.1 percent are African American women and 32.2 percent are African American men (Center for Disease Control). Meanwhile, seafood is low in saturated fat and calories, and filled with heart-healthy omega-3.
- Pregnant women who eat more of a key fatty acid found in fish give their babies better chances of mature brain development (American Journal of Clinical Nutrition).
- A recent study in *The Lancet*, one of the oldest, peer-reviewed medical journals, found that mothers who consumed seafood during pregnancy had children whose neurological function — including higher IQs — were better than children whose mothers ate a low amount or no amount of seafood during pregnancy.
- Recent research also points out other health benefits associated with seafood, including the benefits of selenium — found in canned tuna and other fish — that appear to be important in cancer prevention and as an antioxidant to help the immune system.

### Chicken of the Sea's Commitment to Health

- Chicken of the Sea is committed to help consumers live healthier lives, and provides consumers with a variety of quality and convenient seafood that is naturally packed with much-needed nutrients.
- Chicken of the Sea is concerned about America's health, especially the health of lower income Americans who have a higher incidence of obesity and heart disease. Chicken of the Sea seafood is high in protein and omega-3, and low in

saturated fat, cholesterol and calories — a perfect food to fight obesity and heart disease among all Americans.

- Chicken of the Sea believes it has a responsibility to inform the public about the significant benefits seafood provides for better health and disease prevention.

### **America's Second Harvest & Hunger in America**

- America's Second Harvest — The Nation's Food Bank Network — is the nation's largest charitable hunger-relief organization, with a network of more than 200 member food banks and food-rescue organizations.
- More than 35 million Americans live in food-insecure households, meaning they were unable to access enough food to meet their basic nutritional requirements. Of those, 25 million Americans are hungry, meaning they experienced hunger due to lack of financial resources during the last year.
- Each year, America's Second Harvest Network secures and distributes more than 2 billion pounds of donated food and grocery products.
- The America's Second Harvest Network supports approximately 50,000 local charitable agencies operating more than 94,000 programs, including food pantries, soup kitchens, emergency shelters, after-school programs, Kids Cafes, Community Kitchens, and BackPack Programs.

### **The Partnership & How You Can Help**

- The partnership between Chicken of the Sea and America's Second is about educating consumers regarding the health benefits of seafood, and getting seafood into the hands of the more than 25 million hungry Americans across the country.
- Chicken of the Sea will donate a portion of sales of products — up to \$30,000 — with an overall campaign goal of raising \$100,000. Additional funds will be raised from other donations from Chicken of the Sea, its employees and business partners.
- Chicken of the Sea is also encouraging volunteerism and food drives among its employees and business partners, and through a national consumer outreach campaign.
- Chicken of the Sea is also providing America's Second Harvest with product contributions, and its new company policy provides additional food in times of need to America's Second Harvest at or below cost.
- Consumers can do their part by purchasing Chicken of the Sea two times a week and by logging on to [www.TwiceAWeekForBetterHealth.com](http://www.TwiceAWeekForBetterHealth.com) to pledge to meet dietary recommendations by eating seafood twice a week.