

## Seafood... A Healthy Part of Your Diet!

*Kroger is committed to providing you with the freshest, finest seafood available. With all of the healthy attributes seafood has to offer, it has become a regular in many homes as part of the weekly dinner plan.*

*Fish and shellfish play an important role in a healthy diet. Most seafood is a great source of protein and is very low in saturated fat. Many fish are rich in Omega-3 fatty acids, which can help reduce cholesterol.*

*A well-balanced diet that includes a variety of fish and shellfish can contribute to a healthy heart and promote strong growth and development in children.*

*Eating up to 12 oz. of seafood, or two servings a week, is truly an important part of maintaining an active and healthy lifestyle!*



## Seafood and Methylmercury - What You Need To Know

*Mercury is a natural element that is found in soil and rocks, as well as rivers, lakes and oceans. It can also enter the environment through man-made avenues, such as industrial operations. When accumulated levels of mercury mix with water it naturally transforms into "Methylmercury".*

*The Food and Drug Administration (FDA) advises that pregnant women, women who may become pregnant, nursing mothers and young children should avoid eating swordfish, shark, king mackerel and tilefish. These fish contain higher levels of methylmercury that could pose developmental risks to unborn children and young children. The FDA also advises that children limit consumption of albacore tuna and tuna steaks to 6 oz. or less per week.*

*Five of the most popular types of seafood that are low in mercury are shrimp, canned light tuna, salmon, pollock and catfish.*

*For additional information, call the FDA at 1-888-SAFEFOOD or visit their Food Safety website at [www.cfsan.fda.gov/seafood1.html](http://www.cfsan.fda.gov/seafood1.html).*