

### *Did you know that . . .*

- Seafood can make a significant contribution to the nutritional needs of all consumers, especially growing children and the elderly?
- A seafood diet can help control weight?
- Seafood is heart-healthy and goes a long way towards preventing heart disease?
- Fresh seafood is a source of top-quality protein, contains all nine essential amino acids and is highly digestible?
- Seafood is a good source of minerals, like calcium, and some vitamins, such as niacin, B12, and B6?
- Seafood is low in fats, cholesterol and sodium?
- Fish oils contain a large amount of highly unsaturated fatty acids, known as omega-3 fatty acids—including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—that humans need and can only get through their diet?
- Medical studies show that omega-3 fatty acids help keep our bodies from producing hormone-like substances that, in large amounts, can contribute to arthritis, asthma, heart disease, stroke & related disorders?

***Eat a variety of fish and seafood  
twice a week as part of a healthy  
and nutritious diet!***



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# Seasonal Buying Guide: Connecticut Grown / Harvested Seafood



**Ask your local market for  
Connecticut Seafood  
. . . as Fresh as it Gets!**

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