



Pointers For Parents-To-Be

Smart Fish Choices May Mean Smarter Children

(NAPSA)—Recent studies suggest that women who eat seafood while pregnant may be increasing their children's IQ. According to the National Institutes of Health, infants born to mothers with higher levels of omega-3 fatty acid found in fish were found to have an advantage in terms of early development and levels of attention.

Seafood is one of the planet's most abundant sources of omega-3 fatty acids, essential to brain development.

Women who eat at least 12 ounces of fish each week are able to provide their developing child with many essential nutrients.

But don't stop after pregnancy. Instilling healthy, fish-friendly habits in children at an early age is a great way to lessen the risk for cardiovascular disease and stroke.

Salmon is one of the best choices for moms-to-be. It is rich in omega-3 fatty acids and is known for having a low risk of mercury contamination.

Best fish to consume while pregnant:

Most popular, low-mercury seafood includes shrimp, canned light tuna, salmon and pollack.

Fish to avoid while pregnant:



Seafood such as shark, swordfish, king mackerel or tilefish contain high levels of mercury and should be avoided.

Other good news about fish:

Eating species high in omega-3 fatty acids may improve your mood, increase heart health and reduce dementia in the elderly.

Red Lobster has recently introduced an expanded fresh fish program to give people, pregnant or not, healthy options when they go out to eat. Each day, all 683 Red Lobster locations across North America feature up to eight species of fresh fish flown in from around the world. Choices vary each day based on availability and include omega-3-rich salmon, trout, red snapper, arctic char, haddock and grouper. To learn more, visit www.redlobster.com.