Did You Know: Protein is vital! It provides the building blocks and fuel for our muscles, organs and immune system. It also contributes to satiety (some might say sanity!) by keeping hunger pangs at bay.

Lean proteins like poultry, fish, soy foods, beans and peas, and nuts and seeds are a great way to manage calories and still get the protein your body needs. .

Choosemyplate.gov advises us to select a variety of lean protein foods, including at least 8 oz of cooked seafood per week. Why? Because seafood contains a range of nutrients, including omega-3 fatty acids, which may help prevent heart disease. Salmon, tuna, mackerel, trout, herring and sardines contain the most omega 3, but most other types contain small amounts—plus other nutrients as well. Take a look:

- o Highest in protein: tuna, salmon, snapper, swordfish, lobster, shrimp, cod
- o Highest vitamin B-12 content: clams, mackerel, herring, tuna, rainbow trout, salmon, blue mussels
- o Highest in iron: clams, shrimp, mackerel, swordfish
- o Highest in zinc: crab, lobster, swordfish, and clams.
- o Highest in calcium: canned salmon with bones, shrimp
- o Lowest in cholesterol: tuna, snapper, halibut, grouper.

What's an easy and affordable way to eat more seafood? Keep cans or pouches of it in your pantry to use for quick, lean high-protein meals—like sandwiches, salads, and salmon or tuna burgers.