

New 2020-2025 Dietary Guidelines Encourage Seafood During All Life Stages

Experts urge caregivers to introduce foods rich in omega-3s, like seafood, to babies beginning at around age 6 months.

For Infants and Children

Foods rich in iron, omega-3s and choline, like seafood, support brain development and immunity.



For Pregnant Women

Foods rich in iron, iodine, choline and omega-3s, like seafood, promote brain and spinal cord development in babies.



For Teens

Foods rich in iron and B vitamins, like seafood, support rapid growth and development through puberty.



For Adults

Foods rich in calcium and vitamin D, like seafood, help promote strong bones and prevent osteoporosis.



For Older Adults

Foods rich in protein, like seafood, help maintain muscle mass.