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

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

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.