## 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.



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



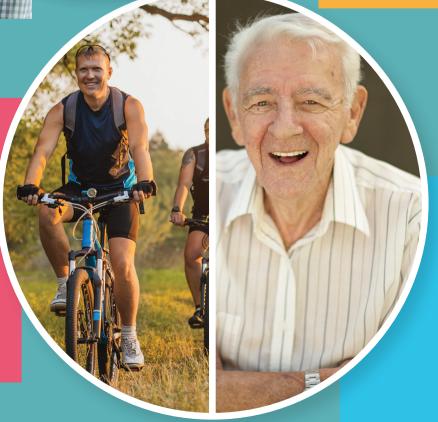
For Teens

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





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.