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

FOR INFANTS & 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 PREGNANT WOMEN:
Foods rich in iron, iodine, choline and omega-3s, like seafood, promote brain and spinal cord development in babies.

FOR OLDER ADULTS:
Foods rich in protein, like seafood, help maintain muscle mass.