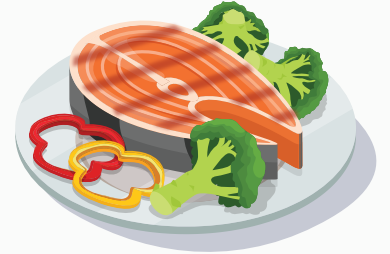


# NEW 2020-2025 DIETARY GUIDELINES ENCOURAGE SEAFOOD DURING ALL LIFE STAGES

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



## FOR OLDER ADULTS:

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

## FOR ADULTS:

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



## FOR TEENS:

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

## FOR PREGNANT WOMEN:

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

## FOR INFANTS & CHILDREN:

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

