

Super Seafood

HIGH SEAFOOD DIET FOR WOMEN OF CHILD BEARING AGE

BENEFITS OF A HIGH SEAFOOD DIET FOR YOUR BABY

Higher maternal fish intake during pregnancy has been shown to be associated with better childhood developmental outcomes, longer gestation, higher birth and improved maternal and adult outcomes such as improved mental health, reduction of cardiovascular risk factors and inflammation. Not only is nutrition during pregnancy and lactation in women is critical, nutrition pre-conception has also been shown to be important.

WHAT IS DHA?

DHA is a fatty acid essential for optimal maternal and infant outcome. The DHA provided by consuming fish, in particular appears essential for neurocognitive development for the developing foetus.

The recommended DHA intake for pregnant and lactating women is 200mg.

HOW MUCH SHOULD I EAT?

An 8-week high seafood trial was conducted in healthy women 18 to 50 years. Consumption of a variety of fish and fish products four times a week can assist women of child-bearing age meet national dietary intake recommendations. This higher fish intake improves DHA status without compromising iron status over an eight week period.

WHAT ABOUT MERCURY LEVELS IN SEAFOOD?

The study found that larger amount of fish can be consumed without compromising safety in terms of mercury intake, provided the fish consumed are low in mercury.

COST CONCERNS

Consuming fish is a very cost-effective way of increasing DHA intake. To achieve an intake 200mg DHA per day, it would cost sixty times more if consuming only meat and no seafood.

	High seafood	Control
Cost of study foods provided within an 8-week period (per person)	\$125.90	\$83.00
Amount of DHA provided by study foods	18,944 mg	197 mg
Cost per 200mg of DHA	\$1.33	\$84.26



HIGH SEAFOOD DIET

The seafood items added to the diets of the trial participants over the 8-week period were:

Atlantic Salmon fresh fillets	4 x 150g fillets
Yellowtail Kingfish fillets	4 x 150g fillets
Sardines in tomato sauce	2 x 110g cans
Canned Salmon	4 x 105g cans
Canned Salmon with onion & tomato	2 x 95g cans
Canned Tuna	8 x 95g cans
Atlantic Salmon lemon & pepper (frozen)	2 x 135g pieces
Hoki fillets lightly seasoned lemon & pepper	2 x 200g pieces
Oven baked Deep Sea Dory	2 x 142g pieces
Oven baked crumbed fish fillets	2 x 142g pieces



The Australian Seafood CRC is established and supported under the Australian Government's Cooperative Research Centres Programme. Other investors in the CRC are the Fisheries Research and Development Corporation, Seafood CRC company members, and supporting participants.