



CELEBRATE NATIONAL PESCATARIAN MONTH!

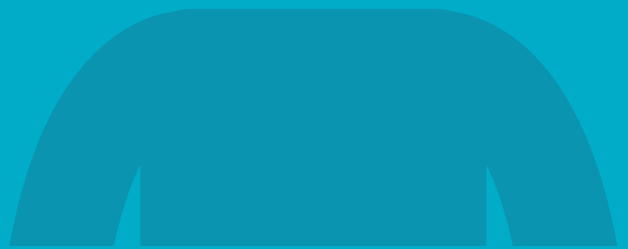
An initiative sponsored by National Fisheries Institute's Dish on Fish

OCTOBER IS NATIONAL PESCATARIAN MONTH

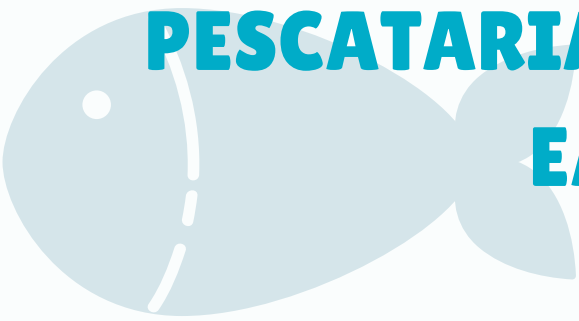
5%

5% of the population identify as pescatarian. Pescatarians eat a diet of seafood; plus vegetarian options.

WHAT IS A PESCATARIAN?



WHAT DO PESCATARIANS EAT?

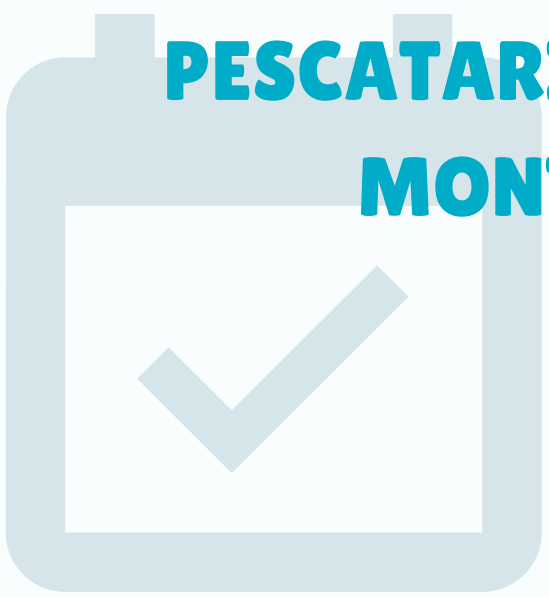


- Seafood plus whole grains + grain products, legumes, nuts, seeds, dairy, fruit, veggies, eggs.

Improved heart health
Protection against diabetes
Decreased inflammation
Consumption of vital nutrients
More protein choices
Good source of omega-3s
And more!

EXPERTS SAY "GOING PESCATARIAN" IS FULL OF HEALTH BENEFITS

WHAT IS NATIONAL PESCATARIAN MONTH?



Observed during the month of October, National Pescatarian Month is an officially designated event designed to raise awareness of the important health benefits of a diet rich in seafood + veggies.

READY. SET. "GO PESCATARIAN" THIS OCTOBER!

Try the Pescatarian lifestyle by adding seafood to your meal plan at least *2-3 time a week in addition to veggies.

**As recommended by the Dietary Guidelines for Americans.*

