

Seafood's impact on reducing cancer risk



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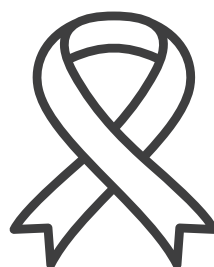


Find the Hunt and McManus review here



Eating non-fried fish with omega-3s is associated with a **reduced risk** for several types of cancer, including: breast cancer, colorectal cancer, gastrointestinal cancer, uterine cancer, liver cancer, oesophageal and head/neck cancer, and pancreatic cancer.

- Omega-3s can **increase appetite** and nutritional status of chemotherapy patients and **lower levels of fatigue**.
- Omega-3s are important to prevent breast cancer and **help slow its development and progression**.



Eating high levels of fish can reduce risks of dying from breast cancer by **16%–34%**.

- Consumption of several types of omega-3s – eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) – is associated with **lowered risk of colorectal cancer by about 11%**.
- Eating non-fried fish with omega-3s are associated with **reducing your risk of head, neck and oesophageal cancer by 20%**.

The Health Benefits of Eating Seafood as Part of a Healthy Diet

Beneficial Nutrients and Minerals in Seafood	Health Benefits Provided
Omega-3 fatty acids	<ul style="list-style-type: none"> • Essential for health (human bodies do not make them) • Essential to brain development and function • Reduces heart disease and aids blood vessel function • Helps to maintain and improve eyesight • May reduce asthma and allergies
Calcium	<ul style="list-style-type: none"> • Works with Vitamin D to develop and maintain strong bones • Vital for muscle, nerve and heart function • Helps to prevent osteoporosis
Iodine	<ul style="list-style-type: none"> • Essential for thyroid function, growth, metabolism, cellular oxygenation and maintenance of the central nervous system
Vitamin D	<ul style="list-style-type: none"> • Seafood is the best source of dietary Vitamin D • Improves immune function, skin condition and muscle strength • Oily fish are a rich source of Vitamin D
Iron	<ul style="list-style-type: none"> • Production of energy; necessary for muscle function • Facilitates blood oxygenation
Vitamin B12	<ul style="list-style-type: none"> • Aids DNA synthesis and normal blood function • Aids neurological function • Helps to retain cognitive function during ageing
Zinc	<ul style="list-style-type: none"> • Aids immunity and healing
Protein	<ul style="list-style-type: none"> • Repairs and maintains cells (muscles, bones, fingernails, hair) • Vital for digestive function and antibody production • Source of energy • Basis for hormones such as adrenaline
Selenium	<ul style="list-style-type: none"> • Prevents cellular damage • Regulates thyroid function • Supports a healthy immune function
Vitamins A and E (antioxidants)	<ul style="list-style-type: none"> • Important to heart and skin • Essential for nervous and circulatory systems function
Copper	<ul style="list-style-type: none"> • Keeps nerve cells and immune systems healthy • Helps make red blood cells • Essential for blood and nervous systems function
Manganese	<ul style="list-style-type: none"> • Helps form connective tissue, bones, blood and sex hormones • Helps metabolise fats and carbohydrates • Aids calcium absorption and blood sugar regulation • Essential for normal brain and nerve function
Phosphorous	<ul style="list-style-type: none"> • Essential for bone and teeth health • Helps filter waste from kidneys • Helps the body store and use energy • Reduces muscle pain following exercise
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ICFA International Coalition of Fisheries Associations

Disclaimer: Dietary guidelines vary by location, so it's always important to refer to recommendations from your local health authority. The nutrients found in seafood vary based on species, the environment where it was caught and cooking method – frying food is not recommended for maximum nutritional benefit. The scientific evidence reviewed by Hunt and McManus supports eating at least two servings a week of seafood, one of them oily, as part of a healthy diet. For information about the studies cited, visit bit.ly/seafood-nutrition

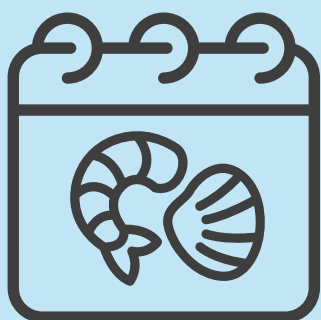
Seafood's impact on cardiovascular health



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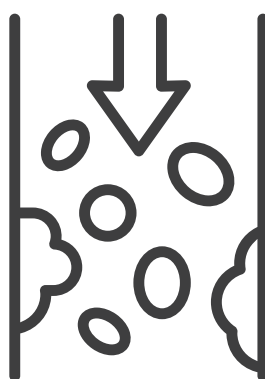


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Two servings of seafood per week reduces the risk of cardiovascular events by 10%, and one serving a day reduces risks by 30%.

- Getting a type of omega-3 in seafood called docosahexaenoic acid (DHA) in your diet **improves your heart and cardiovascular (circulatory) function.**
- If you already have type 2 diabetes, omega-3s found in seafood **reduce many markers that point to a risk of cardiovascular disease and improve your blood sugar levels.**
- There can be a positive association between omega-3 consumption and **improved outcomes from various types of heart surgery.**



The eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) you get from eating seafood **lower the risk of plaque building up** and hardening in your artery walls, which is known as coronary artery disease (atherosclerosis).

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Seafood's impact on cognition and memory



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Eating two servings of fish a week is protective against cognitive decline, **reducing all-cause dementia risk by 10% and Alzheimer's by 30%.**



- One serving a week of seafood with omega-3s helps **protect against multiple types of cognitive decline**. In mid-life, eating high amounts of fish can **reduce the likelihood of developing dementia**.
- Getting adequate omega-3s **reduces inflammation in the brain** associated with cognitive decline; it can **delay the onset of Alzheimer's disease** and **slow down the disease's progression** once it starts.

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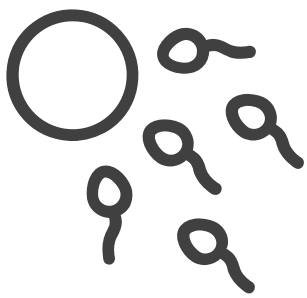
Seafood's impact on fertility



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For men, getting omega-3s in their diet may **increase sperm count, concentration and motility** (how well their sperm can “swim”).

- For men and women, eating more seafood is associated with higher rates of sex and greater fertility for couples attempting to get pregnant.

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Seafood's impact on healthy ageing



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For older women, eating **five or more servings of oily fish** each week reduces the occurrence of osteoporosis and loss of bone density (osteopenia).



- **Getting over 2 grams (0.07 oz) of omega-3s** in your diet each day may improve inflammatory conditions like rheumatoid arthritis by **reducing symptoms like swollen and tender joints**.
- If you are hospitalised, higher omega-3 levels can **reduce the risk of infection** and **shorten the amount of time you're in the hospital or an intensive care unit**.
- Omega-3s can **reduce night sweats during menopause**.



Eating higher amounts of oily fish can also **prevent general frailty** in older adults.

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Seafood's impact on maternal and infant health



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Getting **omega-3s through seafood during pregnancy** can reduce the chances of a pre-term birth and the chance of baby being low birthweight.



- During pregnancy, eating omega-3 rich foods can reduce the risk of miscarriage and preeclampsia, a serious pregnancy complication.
- The omega-3s and iodine you get from eating fish are shown to reduce maternal depression and anxiety, and also increase baby's brain development.
- Eating omega-3s during pregnancy and lactation can reduce the risk of baby having food allergies.
- If babies eat fish in their first 12 months, it may reduce their risk of eczema, hay fever, asthma and wheezing.

For full detail see: Hunt W, McManus A. 2025 The health benefits of eating seafood: Evidence based science. School of Medical, Molecular and Forensic Sciences, Murdoch University, Australia and Faculty of Health Sciences, Curtin University, Australia. Report # 27032025

Please note, some health authorities suggest avoiding certain types of seafood during pregnancy. Check your local health authority to see which species this might apply to in your area.

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Eating four or more servings of fish weekly as an adult (compared to less than one serving per week) can **lower your risk of depression by 26%**, especially for women.



- Getting omega-3s in your diet can reduce the symptoms of clinical anxiety and feelings of chilliness associated with anxiety.
- Getting more omega-3s and omega-6s can slow the development of depression symptoms, especially in women.
- Not getting enough omega-3s through seafood can actually *increase* your risk of ADHD, autism, bipolar disorder and depression.
- Eating more oily fish can improve sleep quality.



For school-age children, getting just 100 grams (3.5 ounces) daily of seafood high in the omega-3 docosahexaenoic acid (DHA) helps **improve cognition and behaviour.**

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