

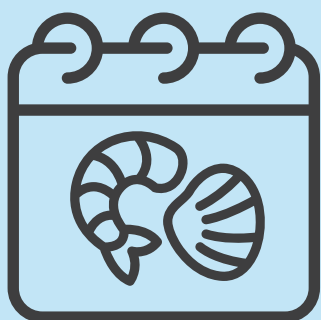
# Seafood's impact on cardiovascular health



In 2025, two independent Australian scientists (Hunt and McManus) reviewed a decade of high-quality scientific studies into the health benefits of eating seafood. **According to their report, scientific studies have shown that:**

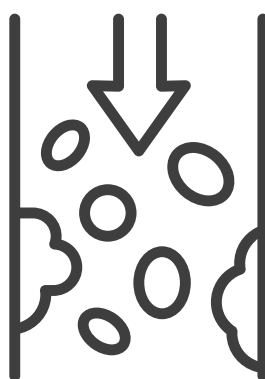


Find the Hunt and McManus review here



**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).

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

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



**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](https://bit.ly/seafood-nutrition)