Seafood's impact on cognition and memory

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

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.

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

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	• 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	• Works with Vitamin D to develop and maintain strong bones • Vital for muscle, nerve and heart function • Helps to prevent osteoporosis
Iodine	• Essential for thyroid function, growth, metabolism, cellular oxygenation and maintenance of the central nervous system
Vitamin D	• 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	• Production of energy; necessary for muscle function • Facilitates blood oxygenation
Vitamin B12	• Aids DNA synthesis and normal blood function • Aids neurological function • Helps to retain cognitive function during ageing
Zinc	• Aids immunity and healing
Protein	• 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	• Prevents cellular damage • Regulates thyroid function • Supports a healthy immune function
Vitamins A and E (antioxidants)	• Important to heart and skin • Essential for nervous and circulatory systems function
Copper	• Keeps nerve cells and immune systems healthy • Helps make red blood cells • Essential for blood and nervous systems function
Manganese	• 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	• Essential for bone and teeth health • Helps filter waste from kidneys • Helps the body store and use energy • Reduces muscle pain following exercise
Taurine	• Essential for heart and brain function • Supports the nervous system and aids nerve growth • Lowers blood pressure

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**