



LESSON 2

HEALTH BENEFITS

PRETEST & POSTTEST ANSWERS

1. b – false—The American Heart Association recommends all adults eat fish TWICE a week.
2. c – 100 milligrams—Almost all fish and shellfish contain well under 100 milligrams of cholesterol per 3-ounce cooked serving.
3. a – true—Seafood is considered the best dietary source of omega-3 fatty acids and all fish and shellfish contain some omega-3 fatty acids.
4. b – false—Many species of seafood can be labeled “low-fat” according to FDA’s criteria, because they contain fewer than 3 grams of fat per serving.
5. b – 110—A 3-ounce cooked portion of fish contains fewer than 110 milligrams of sodium.
6. c – Vitamins B6 and B12—Fish is a good source of vitamins B6 and B12.
7. d – All of the above—Salmon, trout, and herring are all rich in omega-3s.
8. a – true—Seafood is an excellent source of minerals.