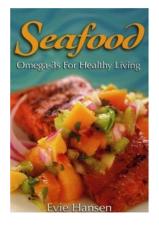
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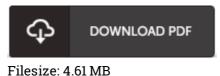
## SEAFOOD: OMEGA-3S FOR HEALTHY LIVING



National Seafood Educators. 1 Paperback(s), 2007. soft. Book Condition: New. A longtime champion for the benefits of seafoodshe founded the National Seafood Educators association and partnered with the American Heart Association to promote the importance of eating seafood twice a weekEvie Hansen here discusses seafood as a source of essential Omega-3 fatty acids. She follows up her thorough nutritional analysis with practical concerns for introducing more fish and shellfish into your diet (including extensive preparation and safe handling information) and...

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- Authored by Hansen, Evie.
- Released at 2007



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