



We make healthy...delicious!™

- There is mounting evidence that salmon and tuna can deliver some substantial – and sometimes surprising health benefits.
- Salmon and tuna contain polyunsaturated fats known as Omega-3 fatty acids. As scientists are continuing to discover, omega-3 can have a widespread health benefits.
- Everyone deserves good health and good food. So treat yourself to an all natural, omega-3 rich AquaCuisine™ Salmon Burger, or Tuna Burger today.

Populations consuming large amounts of salmon and other fish rich in omega-3 fatty acids have lower rates of depression.

An increased dietary intake of omega-3s may help stroke victims recover.

People who consume adequate amounts of fish oil are less likely to display stress-induced aggression.

The omega-3 fatty acids found in salmon help lower blood pressure, prevent unhealthy blood clots, reduce the amount of fat in the blood, and keep the heartbeat regular.

Adding omega-3s to the diet may help relieve the pain of rheumatoid arthritis sufferers.

Strokes are less common in people who eat moderate amounts of salmon and other oil-rich fish, compared with those people who do not eat fish at all.

Eating fish may increase your chances of surviving a heart attack.

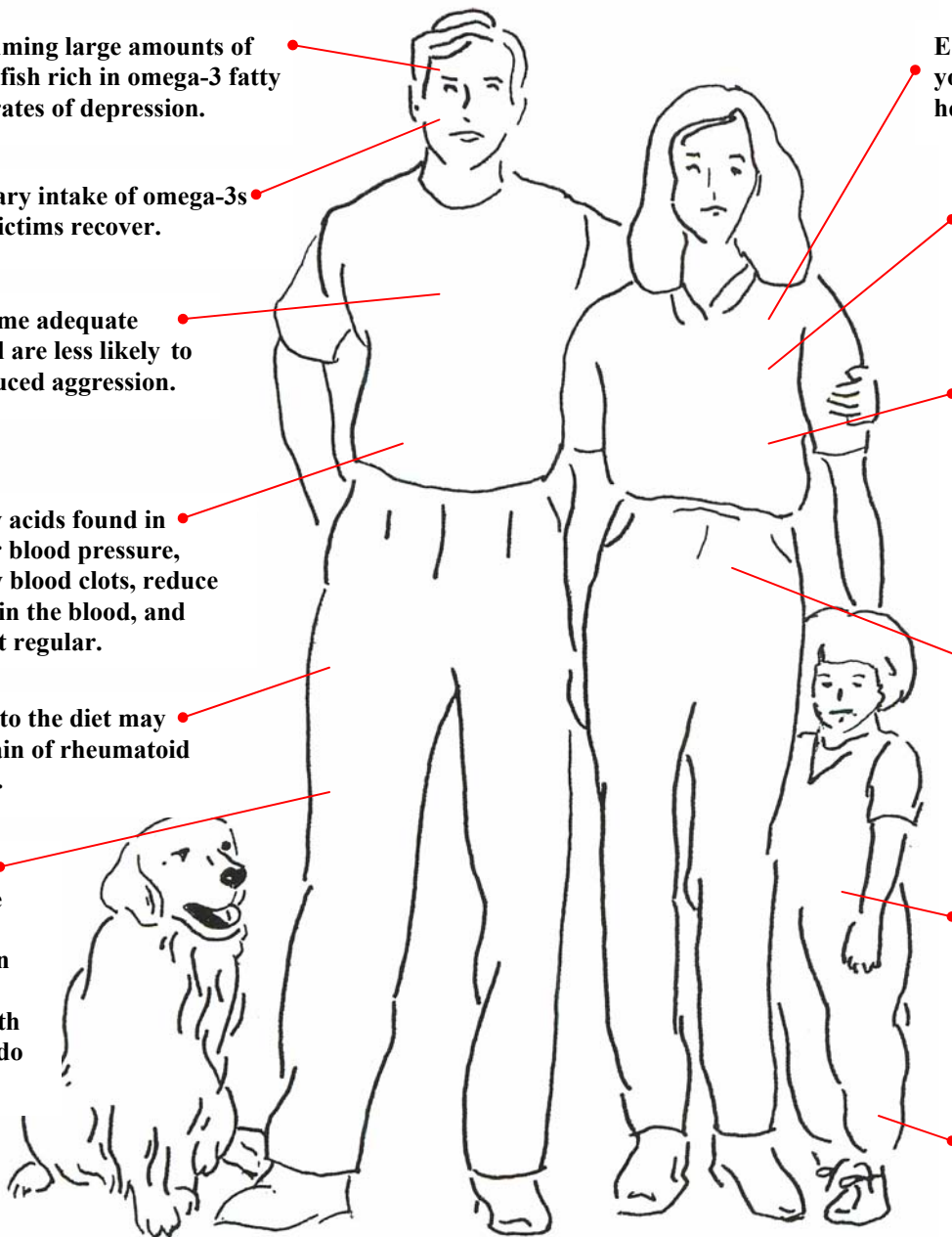
The omega-3s in salmon may cut the risk of a heart attack in half.

Mothers should continue eating salmon after their babies are born, since omega-3s are passed through the breast milk to newborns.

Expectant mothers should eat plenty of fish since omega-3s are building blocks for a baby's brain, nerves, and eyes.

Omega-3s may help alleviate the symptoms of Attention Deficit Hyperactivity Disorder in children.

Consumption of oil-rich fish, such as salmon, is associated with a reduced risk of asthma in



*Positive Nutrition for you and your Family!*