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New Dietary Guidelines for Americans Released, Including Recommendations for Pregnant and Breastfeeding Women

Washington, DC (January 7, 2016) — The 8th edition of the *Dietary Guidelines for Americans*, released today by the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS), recommend all Americans, especially pregnant and breastfeeding women, eat seafood 2-3 times each week. These guidelines reflect the latest research in nutrition science and form the foundation for national nutrition policies and programs.

Offering clear, actionable recommendations for healthful eating, the *2015- 2020 Dietary Guidelines for Americans* encourages diets rich in vegetables, fruit, whole grains, lean meats, legumes, and nuts. Seafood is highlighted for providing vital nutrients, such as omega-3s and vitamin D, which are important for both mom and baby's health. Babies of moms who eat plenty of seafood during pregnancy have improved brain development. For the health benefits for all ages, everyone should eat a minimum of 2-3 meals (or 8-12 ounces) of a variety of seafood each week.

Unfortunately, the average American only eats about half of the recommended amount of seafood—and, despite evidence of the numerous benefits of seafood consumption during pregnancy and breastfeeding, the average pregnant woman in the U.S. eats less than one-fourth the recommended amount, about two ounces of seafood, each week.

“As an organization dedicated to providing clear and science-based information about optimal nutrition during pregnancy, Genetic Alliance wants to draw attention to the gap between the seafood recommendation for expectant moms in the *2015-2020 Dietary Guidelines for Americans* and the incredibly low amount of fish and seafood most pregnant women currently eat.” said Natasha Bonhomme, Vice President of Strategic Development and Director of the Expecting Health Division at Genetic Alliance. “With these new guidelines, we are one step closer to closing that gap and bringing strong, clear messaging around seafood consumption to the forefront of the pregnancy and parenting dialogue.”

[Learn more](#) about Genetic Alliance's Perinatal Nutrition Working Group and access resources, including facts on fish consumption and recipes for easy ways to increase fish in your diet. To view the full 2015 Dietary Guidelines for Americans, visit [Health.gov](#).

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About Genetic Alliance

Genetic Alliance engages individuals, families, and communities to transform health. Founded in 1986, it is the world's largest nonprofit health advocacy organization network. Genetic Alliance's network includes more than 1,200 disease-specific advocacy organizations, as well as thousands of universities, private companies, government agencies, and public policy organizations. *For more information about Genetic Alliance, visit www.geneticalliance.org.*

About the Perinatal Nutrition Working Group

The PNWG is comprised of top professors of obstetrics, doctors of nutrition and registered dietitians who serve as an evidence-based resource to physicians, organizations and women about the role of eating seafood in a healthy pregnancy. For more information about Perinatal Nutrition Working Group, visit www.geneticalliance.org/pnwg.