

# PESCATARIAN NUTRITION GUIDE

Essential Macronutrients & Micronutrients Reference

## PREMIUM PROTEIN SOURCES

White Fish (Cod, Halibut)	Lean / B12
Oily Fish (Salmon, Mackerel)	Omega-3s
Shellfish (Shrimp, Mussels)	Zinc / Iron
Greek Yogurt / Skyr	Probiotics
Organic Eggs	Choline
Legumes (Lentils, Chickpeas)	Fiber
Tempeh / Tofu	Isoflavones

## HEALTHY FATS & OMEGA-3S

Walnuts	ALA Fatty Acids
Chia / Flax Seeds	Fiber / Omega-3
Extra Virgin Olive Oil	Polyphenols
Avocado	Monounsaturated

## COMPLEX CARBOHYDRATES

Quinoa	Complete Protein
Steel Cut Oats	Beta-Glucan
Sweet Potatoes	Vitamin A
Wild Rice	Magnesium

## KEY MICRONUTRIENT FOCUS

<b>Vitamin B12</b>	Clams, Sardines, Eggs
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## KEY MICRONUTRIENT FOCUS

<b>Iron</b>	Spinach, Oysters, Lentils
<b>Vitamin D</b>	Fatty Fish, Fortified Dairy
<b>Iodine</b>	Seaweed, White Fish
<b>Calcium</b>	Sardines (bones), Kale, Tofu
<b>Selenium</b>	Brazil Nuts, Tuna, Halibut

**Mercury Safety Note:** Prioritize "SMASH" fish (Sardines, Mackerel, Anchovies, Salmon, Herring) for low mercury and high Omega-3 density.