Pescatarianism Cheatsheet

What is Pescatarianism?

Pescatarianism is a diet that includes fish and seafood, but excludes other meats such as beef, pork, and poultry.

Why Choose Pescatarianism?

- Health Benefits: Pescatarianism is associated with several health benefits, including reduced risk of heart disease, stroke, and certain types of cancer.
- Environmental Benefits: Choosing seafood over other meats can have a lower environmental impact.
- Ethical Considerations: Some people choose pescatarianism for ethical reasons, such as concerns about animal welfare.

Foods to Eat

- Fish and seafood: salmon, tuna, shrimp, crab, etc.
- Fruits and vegetables: all types
- Grains: rice, quinoa, oats, etc.
- Legumes: beans, lentils, chickpeas, etc.
- Dairy: cheese, yogurt, etc.
- Eggs

Foods to Avoid

- Beef, pork, and poultry
- Processed meats: bacon, sausage, etc.
- Meat-based broths and stocks
- Gelatin

Nutrients to Watch

- Protein: make sure to get enough protein from fish, seafood, dairy, and plant-based sources.
- Omega-3 Fatty Acids: important for heart health and found in fatty fish such as salmon and tuna.
- Vitamin B12: important for nerve function and found in dairy, eggs, and some types of seafood.

Tips for Eating Out

- Look for seafood dishes on the menu.
- Ask the server for recommendations.
- Check with the chef to make sure dishes are truly pescatarian.

Resources

- [Pescatarianism 101: What to Eat, Benefits, and More](#)
- [Pescatarian Diet: Benefits, Risks, and Meal Plan](#)
- [Pescatarianism: What You Need to Know](#)