

A top-down view of various fresh seafood items arranged on a dark, textured surface. In the upper left, a wooden bowl is filled with cooked, pink shrimp. To its right, a large, vibrant orange salmon fillet is prominently displayed. Further right, another wooden bowl contains more cooked shrimp. Below the salmon, a whole, silvery fish lies horizontally, garnished with fresh green dill. To the right of the fish, there's a small pile of fresh green parsley. In the bottom right corner, a portion of a cooked octopus is visible. Scattered around are other seafood items: a single oyster shell, a small piece of crab, and a few small clams. The overall composition is rich and appetizing, emphasizing the freshness and variety of the seafood.

# **Nutritional Benefits of Seafood**

# Seafood And Health

**Jideon Francisco Marques**



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