



## Coalition Member Spotlight



### Tara Mason

Health Educator, Lexington-Fayette  
County Health Department

#### Tell us a little about your job/background.

I am the health educator for the diabetes program at the Lexington-Fayette County Health Department. I have been working in public health for six years, which includes two years of volunteer service in the United States Peace Corps.

#### How did you get involved with Seafood Nutrition Partnership?

The Seafood Nutrition Partnership was invited to attend the Fayette County Diabetes Coalition, which I am the secretary of. After learning more about their mission, I signed up for the newsletter, had the Omega 3 test and took the Healthy Heart Pledge.

#### Why do you think it's important to educate Kentuckians about the health benefits of seafood?

It is hard to get fresh seafood in Lexington, Ky., but there are many restaurants who are shipping it in fresh and people need to know this! From working in diabetes, we are always promoting ways to prevent heart disease and seafood is a great option. Seafood is a lean and healthy protein choice with lots of Omega 3 nutrients that everyone needs.

#### What is your favorite seafood dish?

My favorite seafood is shrimp (cooked any way!) but I will always go for raw oysters if I find it on a menu.

#### What's the best place to eat seafood in Kentucky?

I love supporting local businesses, so my #1 pick for seafood in Lexington would be Smithtown Seafood. If I had to pick a chain, Bonefish makes some fresh seafood dishes as well.

#### Any other comments?

The Seafood Nutrition Partnership showcases some delicious recipes on their website if you need some inspiration.