Eat more Fish

Fish and seafood are an excellent sources of lean protein, vitamins and iron. Use fish and seafood instead of other meats (beef, pork, chicken) when cooking meals at least twice a week.

Fish and seafood are higher in omega 3 fatty acids than other types of meat. Salmon, trout, sardines, anchovies, and herring are especially high in omega 3 fatty acids which help protect against heart disease.

Prepare meals with a variety of fish and seafood at least twice a week for your family.

Serve 8 ounces or more of cooked seafood each week for adults.

This could be 2 meals with about 4 ounces of cooked seafood each week.

Serve less for small children

Offer 2 meals with about 2 ounces of cooked seafood to your preschool child each week.

Fish on a Bun
Grill or bake fish or salmon.
Top a bun with cooked fish.
Add a slice of tomato, lettuce and tartar sauce.

Fish Wrap
Grill or bake fish or salmon.
Place cooked fish on a whole wheat tortilla.
Add shredded lettuce or coleslaw, and cheddar cheese. Roll up and eat.

Shrimp or Fish Taco
Place cooked shrimp or fish in a corn tortilla.
Add your favorite toppings - salsa, shredded lettuce, tomatoes, peppers, and cilantro.

Shrimp or Salmon Salad
Serve cooked shrimp or salmon on top of a lettuce salad.

Grilled Salmon or Fish

You can grill any type of fish. Thick pieces of fish are easier to grill.

Place fish or salmon, skin side down, on aluminum foil that has been lightly sprayed with vegetable oil spray.

1 Place fish on a hot grill (put fish on area of grill without direct heat from coals to avoid burning.)
2 Season fish with lemon or lime juice, Cajun seasoning or garlic powder.
3 Cover the grill and cook until the fish or salmon is done, about 20 to 25 minutes.

How to Bake Fish or Salmon - Place fish on aluminum foil that has been lightly sprayed with vegetable oil spray. Bake in a 375° oven for 20 to 25 minutes. Season with your favorite seasoning and lemon juice.

How to Stir Fry Shrimp - Cook raw shrimp in a skillet with a dash of vegetable oil. Season with Cajun seasoning. Cook about 3 to 4 minutes over medium high heat.
Summer Tomatoes
Nothing seems to taste better than fresh tomatoes during the summer. They taste and smell wonderful. And they are a great source of vitamins A and C for your family.

Enjoy summer fresh tomatoes:
- Add tomato slices to your sandwich.
- Make fresh tomato salsa. Serve with tacos, quesadillas, salads, and enchiladas.
- Top cottage cheese with chopped tomatoes.
- Add chopped tomatoes to chili, soup, pizza, spaghetti sauce, lasagna and salads.

Tomato Cucumber Salad
A simple and delicious summer salad

3 tomatoes
3 cucumbers
1/4 cup fat free mayonnaise
1/4 cup light sour cream
2 tablespoons dry dill weed
Dash of garlic powder

1. Chop tomatoes and cucumbers into bite size pieces and place in a bowl.
2. Combine mayonnaise, sour cream, dill weed and garlic powder together in a separate bowl.
3. Pour dressing over tomatoes and cucumbers. Stir gently to coat vegetables and serve.

Cook a variety of fish and seafood

Finfish such as:
catfish
cod
flounder
haddock
halibut
herring
mackerel
pollock
porgy
salmon
sea bass
snapper
swordfish
tuna

Shellfish such as:
clam
crab
crayfish
lobster
mussels
octopus
oysters
scallops
squid (calamari)
shrimp

Canned Fish such as:
anchovies
clams
tuna
sardines

Women who may become pregnant, pregnant women, nursing mothers and young children should avoid some types of fish and eat types lower in mercury. Call 1-888-SAFEFOOD or visit the website, http://www.fda.gov/Food, for more information.

What can you do?
- Prepare meals with fish or seafood twice a week.
- Grill or bake salmon or fish.
- Add summer fresh tomatoes to more meals.
- Other: ________________________________

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