



Include Fish More Often

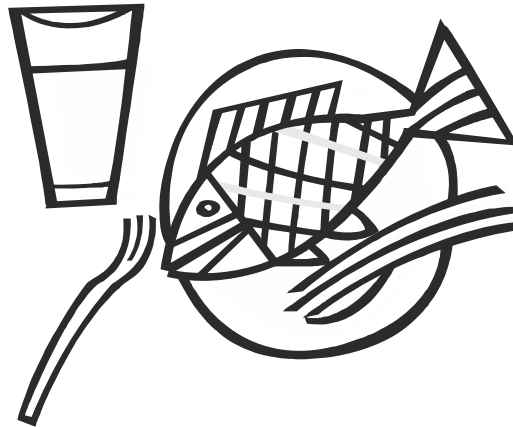
Remember the first time you went fishing? It was fun to be with friends and family outdoors for the day. Also, that fresh fish tasted so good.

Fish and other seafood are a part of a good diet.

Fish is a good source of protein, zinc and iron. Fish is low in saturated fat that contributes to high blood cholesterol levels. It is high in a healthier form of fat called omega-3 fatty acids. Research has shown that omega-3 fatty acids help make blood less “sticky” and therefore is less likely to form clots that can contribute to heart disease. Fatty fish such as salmon, tuna, trout, sardines and halibut have the highest amounts of omega-3 fatty acids.

How Much Fish?

The general suggestion is to eat fish two or three times per week. A serving of fish is 3 to 4 ounces cooked. This is a piece of fish about the size of the palm of your hand and about one-half inch thick..



If you are not eating fish regularly here are some ideas to help you include more fish:

- Start slow, including fish in at least one meal a week.
- Water-packed canned fish and frozen fish are just as healthy as fresh. This can

be easy and usually less-expensive.

- Add fish and seafood to recipes that normally call for beef or chicken.
- Try different fish to find the ones you like and to get the most nutritional benefit.

Cooking Fish

Maybe when you think about eating fish you think about breading and deep-fat frying. For many people this is the most common way of preparing fish. As we know now this is not the healthiest way to prepare fish. In addition it can take a lot of time, equipment and be a little difficult.

Healthier and easy ways of preparing fish include baking, grilling or microwaving. Fish is a good food to cook in the microwave oven. It cooks quickly and is naturally tender.

Canned fish like salmon and tuna can easily be added to salads and casseroles. Almost everyone has a favorite tuna casserole recipe, but even healthier and easier is to add the canned tuna to a lettuce salad. This is a great, easy to prepare meal.

So for your health include fish in your meals more often and if you have chance take a young person fishing and make more good memories.

Here are a couple of simple recipes to get you started.

Salmon Cakes

1 can salmon, drained and flaked
½ cup saltine cracker crumbs
2 eggs, beaten
½ teaspoon paprika

Mix all ingredients together. Form into cakes, using ¼ cup of the mix for each cake. Sauté until brown in a small amount of oil or cooking spray. Makes 8 cakes.

Nutrition information per cake: 100 calories, 4 g fat, 95 mg cholesterol, 260 mg sodium, 3 g carbohydrate, 13 g protein.



Poached Fish

1 pound fresh or frozen fish fillets
½ cup skim milk
¼ cup seasoned bread crumbs
Black pepper
1 Tablespoon grated Parmesan cheese

Rinse fish fillets and pat dry. Spray microwave safe baking dish lightly with nonstick spray. Put fish in single layer in dish.

Pour skim milk over fish fillets. Sprinkle bread crumbs on the tops of the fillets and season with black pepper. Sprinkle Parmesan cheese on top.

Cover with plastic wrap. Cook in the microwave oven on high 8 to 10 minutes. Fish is done when it is white, hot in the thickest part, firm and flakes easily. Serves 4

Nutrition information per serving: 146 calories, 2 g fat, 6 g carbohydrates, 244 mg sodium, 24 g protein.

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