

Smart Choices

Nutrition News

Prepared By: Cathy Agan, Extension Agent (FNP)
 Terri Crawford, Extension Agent (Nutrition)

Health Benefits of Seafood

Why Fish and Shellfish Are Good For You!

Including fish and seafood as part of an overall balanced diet can provide you with many health benefits. Besides being a great source of lean protein, fish and shellfish are low in saturated fat. In addition, they provide essential omega-3 fatty acids. Omega-3 fatty acids are polyunsaturated fats that may lower your rate of heart disease, reduce hypertension, relieve some arthritis symptoms and prevent cancer.

Fish and shellfish that are “oily” in nature like salmon, tuna, mackerel, herring and sardines are higher in omega-3 fats. Fish and shellfish that are lower in these fats such as catfish and crab are still perfect options to replace high fat meats in the diet.



According to the American Heart Association, we should eat two servings of fish per week to prevent coronary heart disease.

An average 3 ounce serving of fish cooked without fat has about 85 calories, making it a low calorie food.

Special Health Notes

Certain groups of people are at a greater risk for food-borne illness and should stay away from eating raw or partially cooked fish or shellfish. High risks groups are:

- Pregnant women
- Young children
- Older adults
- Persons with decreased stomach acid
- Persons with compromised immune systems

Five of the most commonly eaten fish that are **low** in mercury are:

- Shrimp
- Canned light tuna
- Pollock
- Catfish
- Salmon

Fish that may contain high levels of mercury include:

- Shark
- Swordfish
- King Mackerel
- Tilefish

Shopping for Seafood

To make sure you are getting the safest seafood possible, buy fish that is refrigerated or properly iced down. When selecting whole fish look for clear eyes, firm flesh and red gills. The smell should be fresh and mild, not fishy, sour or like ammonia.

When selecting fresh shellfish, throw away any dead, cracked or broken shellfish. Look for moving legs. Live crabs and crawfish will show leg movement.



In this Issue:

- Health Benefits of Seafood
- How Much to Buy?
- Salmon Croquettes
- Tuna Macaroni Salad

How much fish should you buy for one person?

Whole
10—12 ounces

Filets:
3 to 5 ounces

Fish portions:
3.5 to 5 ounces

Fish Cutlets:
5 to 8 ounces



Salmon Croquettes

1 can salmon, no salt added
1 cup plain bread crumbs, low sodium
1/4 cup fat-free mayonnaise
1/8 cup evaporated milk
1 egg white, beaten
1/4 cup minced onions
2 teaspoons lemon juice
1/4 teaspoon black pepper

Non-stick cooking spray

1. Spray a cookie sheet with non-stick cooking spray.
2. Drain liquid from salmon into a medium bowl. Add bread crumbs and blend well.
3. Stir in mayonnaise, milk, egg white, onions, lemon juice, pepper and salmon. Mix well.
4. Preheat oven to 375 degrees F.
5. Shape mixture into 8 croquettes. Place croquettes onto cookie sheet and bake for 20 minutes.

Yields: 4 servings

Each serving provides about 215 calories, 8 g fat (2 g saturated fat, 0 g trans fat), 10 g carbohydrates, 1 g dietary fiber, 25 g protein, 65 mg cholesterol and 232 mg sodium.

Tuna Macaroni Salad

1 1/2 cups canned tuna (in water, drained)
1/4 cup chopped celery
1/4 cup chopped green onion
2 tablespoons sweet pickle relish
1/4 cup light mayonnaise, low sodium
3 cups cooked macaroni
1/2 teaspoon dill weed

1. In a medium bowl, combine tuna, celery, green onions and relish. Mix well.
2. Stir in mayonnaise and macaroni. Add dill. Serve immediately or chill for about one hour. May serve on a bed of lettuce leaves.

Yields: 5 servings

Each 1 cup serving provides about 223 calories, 4 g fat (1 g saturated fat, 0 g trans fat), 26 g carbohydrates, 1 g dietary fiber, 19 g protein, 31 mg cholesterol and 325 mg sodium.

What's the Purpose of Food Stamps?

The Food Stamp Program isn't about welfare. Its goal is helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons.

Food stamp coupons have been replaced by an electronic card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using food stamps. The Food Stamp Program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LAHELPU or visit www.dss.state.la.us.

Provided by LSU AgCenter Community Nutrition Programs

Visit our Web Site: www.lsuagcenter.com

Issued in Furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with USDA. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This material was funded partially by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out how to apply, call 1-888-LAHELPU or visit: www.dss.state.la.us to download an application for Food Stamps