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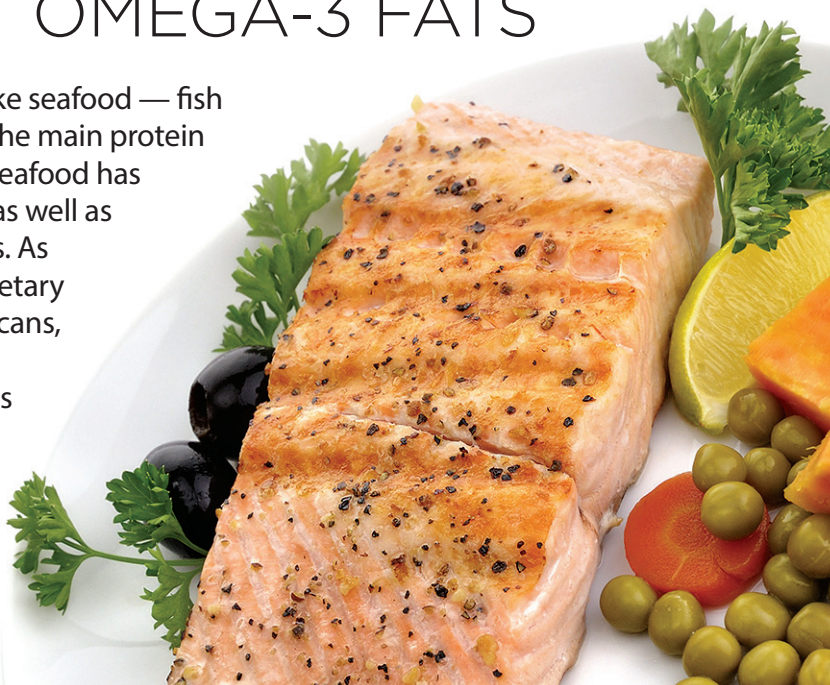
HEALTHY CHOICES

FOR HEALTHY FAMILIES

TOPIC

OMEGA-3 FATS

Twice a week, make seafood — fish and shellfish — the main protein food on your plate. Seafood has a range of nutrients as well as healthy omega-3 fats. As stated in the 2010 Dietary Guidelines for Americans, eating close to 8 ounces per week (less for young children) of different forms of seafood can help put off heart disease.



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PARENT'S POW-WOW

Omega-3 fats from seafood can help improve nervous system progress in infants and children. Serve seafood to children twice a week in portions right for their age and appetite. A variety of seafood lower in mercury should also be part of a healthy food plan for women who are pregnant or breastfeeding. To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is close to 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces, and one small trout is about 3 ounces.





BASIC BUDGET BITES

- Eating more seafood does not have to be costly.
- Whiting, tilapia, sardines, canned tuna or salmon, and some frozen seafood are mostly lower-cost choices.
- Check the local paper, online, and at the store for sales, coupons, and specials to help save money on seafood.



FOOD FACTS

IMPORTANCE OF OMEGA-3 FATS IN HEALTH AND DISEASES

While people in the United States have a high rate of heart disease and are advised to lower the amount of fat in their diet, fat itself isn't always the cause of heart disease. In fact, experts now know that a certain kind of polyunsaturated fat can help prevent heart disease.

Did you know Eskimos often eat close to a pound of high-fat fish, whale, and seal meat daily, yet rarely have heart attacks?

This finding caused doctors and science experts to change their thinking about fat. Fish has a special kind of polyunsaturated fat, called omega-3 fatty acids. Our bodies cannot make these fats, so they must be gained from foods.

Omega-3 fatty acids are vital for your health. They supply structure for cell membranes and tissues throughout the body and are found in high concentration in the brain and retina of the eye.

As well as their structural roles, omega-3 fatty acids have been shown

to play a role in the prevention and/or treatment of certain diseases including:

- Coronary heart disease
- Atherosclerosis
- Stroke
- Cancer
- High cholesterol
- Mild hypertension
- Rheumatoid arthritis

So, does this mean that every person should eat a pound of whale meat a day like the Eskimos do? No, studies show that just two to three servings of fish per week is plenty to lower your risk of heart disease.

SOURCE: COLORADO STATE UNIVERSITY COOPERATIVE EXTENSION
DEPARTMENT OF FOOD SCIENCE & HUMAN NUTRITION



COOKING WITH KIDS

HOOKED ON SALMON STICKS

- **1 (14.75 ounce) can pink salmon, drained**
- **½ cup saltine crackers, crushed (about 16 crackers)**
- **1 egg**
- **1 tablespoon vegetable oil**
- **Non-stick cooking spray**

- 1.** In a large mixing bowl, combine salmon, cracker crumbs, and egg.
- 2.** Divide mixture into 8 balls, and shape into sticks about 4 inches long.
- 3.** Lightly coat a skillet with cooking spray. Add oil, and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks, and cook for 3 minutes.
- 4.** Flip over, and cook about 3 minutes or until golden brown.

Nutrition Facts per serving: 120 calories, 7 g total fat, 1.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 300 mg sodium, 4 g carbohydrate, 0 g dietary fiber, 0 g sugars, 11 g protein

Yield: 8 servings

SOURCE: USDA RECIPE FINDER



RECIPE

MOUTH-WATERING OVEN-FRIED FISH

- **2 pounds fish fillets**
- **1 tablespoon fresh lemon juice**
- **¼ cup fat-free or low-fat buttermilk**
- **1 teaspoon fresh, minced garlic**
- **⅓ teaspoon hot sauce**
- **¼ teaspoon white pepper**
- **¼ teaspoon salt**
- **¼ teaspoon onion powder**
- **½ cup cornflakes, crumbled or regular bread crumbs**
- **1 tablespoon vegetable oil**
- **1 fresh lemon, cut in wedges**

- 1.** Preheat oven to 475°F.
- 2.** Clean and rinse fish. Wipe fillets with lemon juice, and pat dry.

- 3.** Combine milk, hot sauce, and garlic.
- 4.** Combine pepper, salt, and onion powder with crumbs and place on plate
- 5.** Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
- 6.** Arrange on lightly oiled shallow baking dish.
- 7.** Bake for 20 minutes on middle rack without turning.
- 8.** Cut into 6 pieces. Serve with fresh lemon wedge.

Nutrition Facts per serving: 150 calories, 3.5 g total fat, 0.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 210 mg sodium, 4 g carbohydrate, 0 g dietary fiber, 1 g sugars, 25 g protein

Yield: 6 servings

SOURCE: USDA RECIPE FINDER

LOCAL EVENTS

SMART TIPS: GET KIDS MOVING WITHOUT SPENDING A LOT

- 1. Re-schedule your household calendar.** Start with a quick check of your daily and weekly calendars. Take a look at every one's calendars. Are there places that can be combined?
- 2. Re-think screen time in your home.** Doctors suggest no screen time for children under two. For older kids, it's less than two hours a day. Turning off screens gives your family time to be active and have fun. Try playing ball or dancing to silly music.
- 3. Re-think toys for tots.** Small children like to play with almost anything. Reuse kitchen containers such as cereal boxes, margarine tubs, and plastic bottles. Toddlers will have hours of fun. Fill containers with crumpled paper for stacking or with dried beans for making music. Tape the lids on tight, and let the fun start!
- 4. Re-learn the joy of family time.** Children get more than a healthy body from family play time. They learn safety and security. They learn lasting values like hard work, fair play, and giving every person a turn.

SOURCE: EAT SMART, MOVE MORE, NC



If you are interested in nutrition classes, contact your extension office.
