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NUTRITION AND YOU...FISH

with Omega-3 Fatty Acids

FOOD FOR THOUGHT

Some of the most common types of fish rich in omega-3 fatty acids include salmon, trout, canned light tuna, Pollock, and herring. Omega-3-rich fish are high in healthy fats called “DHA” and “EPA”. There is evidence that eating fish rich in EPA and DHA (at least 4 oz. twice a week) is associated with reduced mortality from heart disease and may reduce the risk for heart disease.

SHOP SMART

Fish is highly perishable, and the best way to tell if it is fresh is by smell. Do not buy fish that smells strong. When purchasing whole fresh fish look for tight, shiny scales, and eyes that are bright. Pass on filets that are dry around the edges, or sitting in a pool of liquid.

EAT HEALTHY

Fish is:

- A good source of Vitamin E, iron, & B vitamins
- A good source of protein and healthy fats



Note: 1 oz. of cooked fish counts as a 1 oz. equivalent in the protein group.

KEEP IT SAFE

These food safety tips will help protect you and your family:

- Make the fish counter the last stop when shopping. Keep fish cold and use promptly.
- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash cutting boards, utensils, and counter tops with hot soapy water after preparing fish and before preparing other foods.
- If fish has been frozen and thawed, it is not safe to freeze again.
- Never thaw frozen fish on the counter. Thaw in the refrigerator.
- Refrigerate leftover fish within two hours of cooking.

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

Salmon Patties

Ingredients:

- 1 can (15 ½ oz.) drained salmon
- 1 cup whole-grain, crushed cereal or crackers
- 2 lightly beaten eggs
- ½ cup low-fat milk
- 1/8 tsp. black pepper
- 1 tbsp. vegetable oil

Instructions:

1. Use fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add milk and pepper to eggs and mix with a fork. Add cracker crumbs and mix again.
4. Add cracker mixture to salmon.
5. Mix thoroughly.
6. Shape into 9 patties.
7. Heat oil in a skillet.
8. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Nutrition Facts – Salmon Patties

Cost: Per Recipe: \$ 3.41 Per Serving: \$ 0.38

Serving Size: 1/9 of recipe (77 grams)

Calories: 110 Calories from Fat: 40

Per Serving	% Daily Value*
Total Fat – 4.5 g	7%
Saturated Fat – 1 g	5%
Dietary Fiber – 1 g	4%
Sodium – 270 mg	11%
Sugars – 1 g	
Protein – 12 g	

*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

FOCUS ON FITNESS

Set up a home gym. Use items such as canned foods, as weights. Stairs can substitute for stair machines.

REMEMBER:

The DHA in omega-3 rich fish provides benefits for infant neurodevelopment. Women who may become pregnant, pregnant women, nursing mothers, and young children should avoid some types of fish (shark, swordfish, king mackerel, or tilefish) and eat types lower in mercury. (Pregnant women may eat up to 12 oz. a week of a variety of fish and shellfish). Call 1-888-SAFEFOOD or visit <http://www.choosemyplate.gov> for more information.

REFERENCES

- United States Department of Agriculture, ChooseMyPlate choosemyplate.gov/
- Centers for Disease Control and Prevention fruitsandveggiesmatter.gov
- The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
- United States Department of Agriculture, SNAP-Ed Connection



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