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NUTRITION AND YOU...WHITE FISH

FOOD FOR THOUGHT

People who don't eat fish because it tastes "fishy" should try white fish such as cod, flounder, halibut, or haddock – the flavor is typically milder than oily fish like salmon. Fish is an excellent food to include in any diet because unlike other meats, white fish is low in saturated fat yet it is a good source of protein.

EAT HEALTHY

White fish is:

- A good source of Vitamin E
- A good source of protein
- A good source of Vitamin B12



Note: 1 oz. of cooked fish counts as a 1-oz. equivalent in the meat and beans food group.

SHOP SMART

Fish is highly perishable, and the best way to tell if fish is fresh is by smell. Do not buy fish that has a strong odor. When purchasing whole fresh fish, look for tight, shiny scales, and eyes that are bright and clear, not sunken in their sockets. The surface of cut fish should look moist and dense, and it should not be sitting in a pool of liquid. Pass on fish filets that are slimy or dry around the edges.

KEEP IT SAFE

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

- Make the fish counter the last stop in your shopping trip. Keep fish very cold and use within one day of buying it
- Wash hands for 20 seconds with warm water and soap before and after preparing food
- If fish has been frozen and thawed, it is not safe to freeze again
- Never thaw frozen fish on the counter at room temperature. On the day before you want to cook it, thaw frozen fish in the refrigerator. To keep fish from dripping on other foods in the refrigerator, place it in a container

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

Simple Fish Tacos

Ingredients:

- ½ cup non-fat sour cream
- ¼ cup fat-free mayonnaise
- ½ cup chopped fresh cilantro
- ½ package low-sodium taco seasoning, divided
- 1 pound white fish fillets cut into 1-inch pieces
- 1 tablespoon olive oil or other vegetable oil
- 2 tablespoons lemon juice
- 2 cups shredded red and/or green cabbage
- 12 6-inch corn tortillas, wrapped in foil and warmed in oven for 10 minutes at 300 degrees, or covered and microwaved until warm

Instructions:

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 tablespoons seasoning mix.
2. In medium bowl, combine vegetable oil, lemon juice, and remaining seasoning mix. Add fish to oil and lemon mixture and toss gently to coat.
3. Pour coated fish pieces into large skillet.

Nutrition Facts – Simple Fish Tacos

Cost: Per Recipe: \$ 9.58 Per Serving: \$ 1.60

Serving Size: 2 tacos (1/6 of recipe, 252g)

Calories: 240

Calories from Fat: 50

Per Serving	% Daily Value*
Total Fat – 7 g	11%
Saturated Fat – 0.5 g	3%
Dietary Fiber – 5 g	20%
Sodium – 350 mg	15%
Sugars – 4 g	
Protein – 18 g	

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

4. Cook, stirring constantly, over medium-high heat for 4-5 minutes or until fish flakes easily when tested with a fork.
5. Fill warm tortillas with fish pieces.
6. Top with cabbage, sour cream mixture, lime wedges, and taco sauce.

FOCUS ON FITNESS

Get the neighborhood active- start a softball game!

REMEMBER:

Women who may become pregnant, pregnant women, nursing mothers, and young children should avoid eating shark, swordfish, king mackerel, or tilefish and eat fish lower in mercury. (Pregnant woman 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



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