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

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

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

Your Local Story here:
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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.
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.

Nutrition Facts – Simple Fish Tacos

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<tr>
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<th>Per Recipe: $ 9.58</th>
<th>Per Serving: $ 1.60</th>
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<tbody>
<tr>
<td>Serving Size: 2 tacos (1/6 of recipe, 252g)</td>
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<tr>
<td>Calories: 240</td>
<td>Calories from Fat: 50</td>
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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.

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

REFERENCES

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

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