Seafood

Quick Facts

- The American Heart Association recommends eating at least two servings of fish (particularly fatty fish) per week. A serving is 3.5oz of cooked fish or about ¾ cup of flaked fish.

- Many fish contain omega-3 fatty acids in the forms of DHA and EPA, which have been found to have a variety of health benefits including: lowering the risk of heart disease and helping to fight depression, cancer, arthritis and dementia.

- Although omega-3 fatty acids are high in fat content, they are healthy fats that should be incorporated into our diet.

- Our bodies do not make omega-3 fatty acids, so it is important to get them from the foods we eat. If you can't (or prefer not to) eat fish, you can still include this in your diet in the form of walnuts, vegetable oils, flaxseed, broccoli, spinach, etc.

Shopping & Preparing

Seafood can be found at most grocery stores, either fresh in the seafood section or frozen in the freezer aisle. For top quality frozen, look for “Frozen-at-Sea” (FAS) – these fish have been flash-frozen at extremely low temperatures in as little as 3 seconds and when thawed, are nearly indistinguishable from fresh fish. Avoid any fish with freezer burn spots, frost or ice-crystals. Make sure the package is well-sealed and no more than three months old. If buying fresh whole fish, look for shiny skin, tightly adhering scales, bright/clear eyes, firm/taut flesh, cherry-red gills and a moist tail. If buying fresh fillets or steaks, ask the person at the counter to remove any pin bones. For white-fleshed fish, the fillets should be translucent-looking; for color-fleshed fish, the fillet should appear dense.

Fresh, whole fish can be refrigerated up to two days; fillets and steaks one to two days. Fish should be placed in a plastic bag with another plastic bag of ice on top. Frozen fish can be thawed in the refrigerator. If the fish needs to be thawed quickly (1 to 2 hours), it can be placed in a sealed bag and let sit in a bowl of cold water, changing the water frequently.

Super Recipe – Salmon & Arugula Salad

Serving Size

Makes 4 salads

Ingredients

- ¾ pound skinless salmon fillet
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
• 1 tablespoon olive oil
• 2 bunches arugula
• 1 15.5-ounce can chickpeas (rinsed)
• ¼ small red onion (sliced)
• ½ cucumber (sliced)
• ¼ cup Kalamata olives (sliced)
• ¼ cup vinaigrette

Preparation

1. Season the salmon fillet with the kosher salt and black pepper.
2. Add olive oil to a large, nonstick skillet. Cook fillet over medium-high heat until opaque throughout (4 to 6 minutes per side). Let cool and flake.
3. Combine arugula, chickpeas, onion, cucumber, olives and vinaigrette in salad bowl and toss.
4. Cut salmon into slices and place atop salad.

Nutritional Information Per Serving (if 4 per recipe)

► 321 calories
► 17g fat (2g saturated fat)
► 54mg cholesterol
► 585mg sodium
► 25g protein
► 17g carbohydrate
► 5g sugar
► 4g fiber
► 3mg iron
► 175mg calcium

More Recipes from Jim Warner, Program Director, Food and Nutrition at Wexner Medical Center

Angel Hair Pasta with Tomato Vinaigrette and Scallops

Thai Curry Grilled Salmon with Edamame and Sweet Potatoes

Salmon-Potato Cakes with Roasted Tomato Mayonnaise

Resources

http://www.webmd.com/diet/ss/slideshow-omega-3-health-benefits