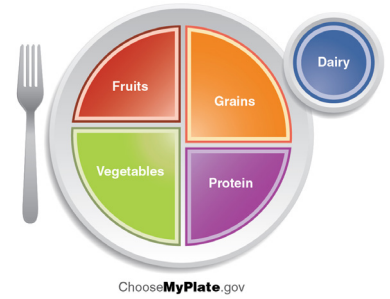




A Pioneering Area Agency on Aging

# Fish Tales



It took a long time, but mainstream nutrition advisors finally decided that eating fish was a good thing.

Fish is a low-fat, high-quality protein. Fish is filled with omega-3 fatty acids and vitamins such as D and B2 (riboflavin). Fish is rich in calcium and phosphorus and a great source of minerals, such as iron, zinc, iodine, magnesium, and potassium. The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. Fish is packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

Of course there are cautions about mercury's polychlorinated biphenyls content, which is why young children and pregnant women are told to limit their intake of higher mercury-containing fish (swordfish, King mackerel, and canned "white" albacore tuna). But added to that, research published in the Journal of the American Dietetic Association gives us pause. The research studied four commonly consumed fish—salmon, trout, tilapia and catfish—and determined their fatty acid content. The surprise was that the tilapia and catfish had high levels of the unfavorable omega-6 fatty acids. In fact, researcher's determined lean hamburger had better (lower) levels of omega-6 fatty acids.

## Omega-3 Fatty Acids

Eating fish is an important source of omega-3 fatty acids. These essential nutrients keep our heart and brain healthy. Two omega-3 fatty acids found in fish are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Our bodies don't produce omega-3 fatty acids so we must get them through the food we eat. Omega-3 fatty acids are found in every kind of fish, but are especially high in fatty fish. Some good choices are salmon, trout, sardines, herring, canned mackerel, canned light tuna, and oysters.

- Help maintain a healthy heart by lowering blood pressure and reducing the risk of sudden death, heart attack, abnormal heart rhythms, and strokes.
- Aid healthy brain function and infant development of vision and nerves during pregnancy.

- May decrease the risk of depression, ADHD, Alzheimer's disease, dementia, and diabetes.
- May prevent inflammation and reduce the risk of arthritis.

Long story short for this fish tale—go ahead and have two, 3 ounce, servings of fish a week. Make sure you are mixing up the varieties of fish to get all the added individual benefits of the different varieties. Don't just depend on a big bag of tilapia for the week. Try different cooking options to keep fish new and exciting such as grilling, broiling, baking, steaming or incorporating fish into other dishes like casserole, loafs or salads.

**Do you have more questions on the health benefits of fish? Contact an Aging Partners registered dietitian nutritionists at 402-441-7159.**

## Grilled Salmon

### Ingredients:

- 1 1/2 lbs salmon fillets
- Lemon pepper to taste
- Garlic powder to taste
- Salt to taste
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/4 cup vegetable oil



### Directions:

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Line the grill with aluminum foil before placing the fish on the grill to prevent sticking.
5. Grill 10-15 minutes or so (depending on thickness of fillet), until the fish is opaque and cooked through.
  - Fish also cooks nicely in the oven. Preheat oven to 425°F.
  - Broil 10-15 minutes until opaque and flakes with a fork.

# Tasty Fish and Seafood

Q B C Z K O S I O N B O U E D  
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N O M L A S G L V Y S W L E C  
S C C O L N W N F T G T O P G  
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C D A R O S W C T O F N B R M  
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K E A R L T M F B O M H O X L  
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ANCHOVY  
COD  
HERRING  
TROUT  
SHRIMP

BASS  
CRAB  
LOBSTER  
SALMON  
SNAPPER

CATFISH  
HALIBUT  
OYSTERS  
SCALLOPS  
TILAPIA

WHITEFISH  
TUNA  
SOLE  
POLLOCK