10 tips Nutrition Education Series

eat seafood twice a week



10 tips to help you eat more seafood

Twice a week, make seafood—fish and shellfish—the main protein food on your plate.* Seafood contains a range of nutrients, including healthy omega-3 fats. According to the *2010 Dietary Guidelines for Americans*, eating about 8 ounces per week (less for young children) of a variety of seafood can help prevent heart disease.

eat a variety of seafood
Include some that are higher in omega-3s and lower
in mercury, such as salmon, trout, oysters, Atlantic
and Pacific mackerel, herring, and sardines.

keep it lean and flavorful
Try grilling, broiling, roasting, or
baking—they don't add extra fat.

Avoid breading or frying seafood and
creamy sauces, which add calories and fat. Using spices
or herbs, such as dill, chili powder, paprika, or cumin, and

shellfish counts too!

Oysters, mussels, clams, and calamari (squid) all

oyster stew, steamed clams, or pasta with calamari.

supply healthy omega-3s. Try mussels marinara,

keep seafood on hand
Canned seafood, such as canned
salmon, tuna, or sardines, is quick
and easy to use. Canned white tuna is
higher in omega-3s, but canned "light" tuna
is lower in mercury.



Cook it safely
Check oysters, mussels, and clams before cooking.
If shells don't clamp shut when you tap them, throw
them away. After cooking, also toss any that didn't open.
This means that they may not be safe to eat. Cook shrimp,
lobster, and scallops until they are opaque (milky white).
Cook fish to 145°F, until it flakes with a fork.

*This recommendation does not apply to vegetarians.

get creative with seafood

Think beyond the fish fillet. Try salmon patties, a shrimp stir-fry, grilled fish tacos, or clams with whole-wheat pasta. Add variety by trying a new fish such as grilled Atlantic or Pacific mackerel, herring on a

salad, or oven-baked pollock.

put it on a salad or in a sandwich

Top a salad with grilled scallops, shrimp, or crab in place of steak or chicken. Use canned tuna or salmon for sandwiches in place of deli meats, which are often higher in sodium.

Shop smart
Eating more seafood does not have to be expensive.
Whiting, tilapia, sardines, canned tuna, and some
frozen seafood are usually lower cost options. Check the local
newspaper, online, and at the store for sales, coupons, and
specials to help save money on seafood.

grow up healthy with seafood
Omega-3 fats from seafood can help improve nervous
system development in infants and children. Serve
seafood to children twice a week in portions appropriate for
their age and appetite. A variety of seafood lower in mercury
should also be part of a healthy diet for women who are
pregnant or breastfeeding.

know your seafood portions
To get 8 ounces of seafood a week, use these as guides: A drained can of tuna is about 3 to 4 ounces, a salmon steak ranges from 4 to 6 ounces, and 1 small trout is about 3 ounces.

