

## **PENNY SAVER NEWS**

June 26, 2014

BY: Mary A. Keith, Ph.D., L.D.  
Food, Nutrition and Health Agent

### Go Fishing!

'Go fishing' might be the latest suggestion of the FDA. Or at least go fishing in the grocery store. The FDA is now urging all of us, including women who are or who might become pregnant to eat at least 8 ounces of fish a week. That will be a big jump for many people, especially those who eat no fish at all now! But the health benefits have become more obvious in recent years, to the point that they are much more important than the risks many people think about.

The new advice from FDA is this: everyone, including women and children, should eat 2 to 3 servings of fish a week. For us as adults, that should be between 8 and 12 ounces of fish. For small children the portion sizes will be smaller, but still, 2 to 3 servings a week are recommended.

There are limits on only 5 kinds of fish. Tilefish from the Gulf of Mexico (right next door!), shark, swordfish and King mackerel should be avoided. In addition white albacore tuna should be limited to just 6 ounces a week. These are the fish that are most likely to be higher in the form of mercury that could be dangerous. These fish are all predators, eating smaller fish. And we eat the biggest of these fish. They've had lots of time to be accumulating mercury from the little fish. So leave them alone.

Of the other kinds of fish, those which are likely to have the least amount of mercury are salmon, trout, oysters, light and canned tuna, shrimp, cod, pollock, tilapia, haddock, clams, perch, crabs, scallops and catfish. These and many other kinds of fish have a lot of good nutrition to offer.

Measuring the amounts of good fats and bad mercury has been done on commercial fish and seafood. If you're out catching your own, especially in lakes, ponds and local rivers, it's likely that no one has checked that water or the fish for mercury. The best advice, if you can't find any information specifically from the water where you're fishing, is to stick to just 6 ounces of that local fish in a week. And when you eat what you caught, skip other fish for the rest of the week.

Probably the most important ingredient that fish offer us, and what we're not likely to get from other foods, is the most beneficial kind of omega-3 fats. The kinds of these fats in fish are the ones that are the most help to our hearts and nervous systems: EPA and DHA. The omega-3 fats in flaxseed, walnuts and other plants are different, and our bodies do a very poor job of changing them

into the fishy kinds. We only change between 1% and 5% of the plant omega-3s to the better kind.

EPA and DHA in particular have a big effect on developing brains and nervous systems in children. Children whose mothers ate fish while they were pregnant tend to have higher IQs and better talking ability as they grow up. And these same fats are also the ones that do the most to lower the death rates in older people with heart and cardiovascular disease. People who ate more EPA and DHA had about half the risk of dying from heart disease as those who ate none. That's a good reason to have fish for dinner!

Besides the good fat, seafood is also a good source of high quality protein. They provide minerals such as iron, and vitamins including vitamin D. The protein also helps us absorb better the iron from plants. A serving of fish usually has fewer calories for all those nutrients than a serving of meat would, a help for those who are trying to watch the waistline. That's assuming of course that you don't fry it in a lot of grease!

Here's a recipe for delicious fish with no frying involved. Use sea bass, halibut, salmon, tuna or any firm fish. Have a happy, healthy summer, and eat more fish!

#### Sweet-Tangy Fish with Spinach

1 pound skinless fish fillets, 1 inch thick	3 Tbsp maple-flavored syrup
1 tsp balsamic vinegar	2 tsp Dijon-style mustard
1 Tbsp oil	1 lb bagged, prewashed spinach
1 Tbsp Worcestershire sauce	salt, pepper to taste
3 Tbsp chopped toasted walnuts or almonds	

Thaw fish if frozen. Preheat broiler. Pat fish dry with paper towels, cut into 4 serving-size pieces. Place fish on broiler pan and broil 4 inches from heat for 4 - 6 minutes. Make glaze by whisking together syrup, vinegar and mustard. Turn fish over. Continue broiling 3-4 minutes. Brush with glaze and finish broiling another 2-3 minutes, until it flakes easily with fork. Heat 1 Tbsp oil in large saucepan over medium-high heat. Add spinach, cook and stir for 1-2 minutes until wilted. Remove from heat. Stir in remaining ingredients. Season with salt and pepper. Serve fish on top of spinach. Serves 4.

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