

Not a Fish Lover?

Tips for Learning to Like Seafood

You know you should be eating more fish for the benefits to brain and heart health. But you're just not a seafood lover. For tips on how to learn to like fish, keep reading.

First, though, here's some incentive to include two or more servings of seafood weekly, as recommended by the recent Dietary Guidelines for Americans.¹

Brain health: Researchers found that middle-aged and older people who ate more fish and had higher blood levels of omega-3 fats (DHA and EPA) **performed better on memory and mental sharpness tests.**² Seafood is one of the only natural dietary sources of the omega-3 fatty acids EPA and DHA which are essential for brain development and health.

Overall health: In a study from Harvard School of Public Health and the University of Washington, scientists found that older adults who had the highest blood levels of the omega-3 fatty acids from seafood lived an average of 2.2 years longer than those with lower levels of omega-3s.³ **Eating seafood at least two times per week reduces the risk of death from any health-related cause by 17 percent.**⁴

In terms of flavor, some types of fish taste 'fishier' than others. So here are tips to help you get those recommended two or more servings of seafood onto your plate – or into your bowl:

- 1. Explore global eats** – Cuisines from around the world have traditionally added seafood to spicy or highly-seasoned dishes. Spice can often overpower fish flavors. Think Italian pasta with red sauce, clams and lots of zesty garlic. Shrimp tacos are topped with peppery salsa. And Vietnamese fish and rice bowls are sprinkled with fiery chili peppers.
- 2. Go towards the light** – Choose lighter colored fish that are also generally lighter in 'fishy' flavor. Tilapia and white albacore canned tuna are mild in flavor, yet are still packed with protein and omega-3 fats for good nutrition.
- 3. It's all about texture** – It's a fact: Most people like crispy-fried anything. Make up an easy batch of oven 'fried' fish sticks; the trick to crunchiness is to mist cooking spray on the outside of breaded fish before baking.
- 4. Add sauce appeal** – Thick yogurt-based sauces work wonders for covering seafood flavors. Try adding reduced-fat Greek yogurt to a tuna sandwich filling. Or make a generous amount of yogurt, herb and lemon sauce for slathering on seafood burgers.



¹U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

²Tan MD, MPH, Z.S. Red blood cell omega-3 fatty acid levels and markers of accelerated brain aging. Neurology. 2012 Feb 28;78(9):658-664.

³Risk of dying from heart disease significantly lowered. <http://www.hsph.harvard.edu/news/press-releases/higher-blood-omega-3s-associated-with-lower-risk-of-dying-among-older-adults/>

⁴Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. JAMA. 2006;296:1885-99.



Not a Fish Lover? *continued*

Albacore Bliss Bowl

Ingredients:

- 2 cups cooked quinoa
- 2 (5-ounce) cans Chicken of the Sea® Solid White Albacore Tuna in Water, drained and flaked
- 1/2 cup chopped purple cabbage
- 1/3 cup diced cucumber
- 1/3 cup shredded carrot
- 1/3 cup diced red pepper
- 1/3 cup diced mango
- 1/3 cup chopped green onions
- 4 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon sesame oil
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground pepper
- 1 teaspoon sesame seeds (or black sesame seeds)

TOTAL TIME:
10 MINUTES

SERVINGS:
4

NUTRITION:

Calories 550
Fat 17g
Protein 29g
Carbs 71g
Sodium 480mg
Sugar 16g



Recipe provided by Chicken of the Sea®

Directions:

1. Divide the cooked quinoa between four bowls. Top each with tuna, cabbage, cucumber, carrots, red peppers, mango and green onions.
2. In a small bowl, whisk together apple cider vinegar, olive oil, honey, sesame oil, salt and pepper. Drizzle over each bowl. Garnish with sesame seeds.

Albacore Rocket Salad

Ingredients:

- 4 cups baby arugula
- 1 (5-ounce) can Chicken of the Sea Albacore Tuna in Water
- 2 radishes, finely sliced
- 1/4 cup very finely sliced fresh fennel
- 3 tablespoons olive oil
- 3 tablespoons white balsamic vinegar
- 1/4 teaspoon salt
- Fresh cracked pepper

Directions:

1. Arrange arugula in the center of two salad plates. Top with albacore, radishes and fennel.
2. In a small bowl, whisk together olive oil, vinegar, salt and pepper. Drizzle over salad. Enjoy immediately.

TOTAL TIME:
7 MINUTES

SERVINGS:
2

NUTRITION:

Calories 290
Fat 23g
Protein 18g
Carbs 6g
Sodium 490mg
Sugar 4g



Recipe provided by Chicken of the Sea®

