

Fish is for Kids!

"X-Ray-Vision Tuna?" "Brain-Boosting Salmon?" Researchers have found that giving healthy foods fun names helps kids to enjoy eating more of them.¹

When kids eat the recommendation of at least two meals of seafood per week, the benefits are big:

- *Brain-boosting* – It's especially important to eat the recommended amount of fish up until age 2 because this is the most rapid time of development. After age 2, fish is still important for brain development. The omega-3 fatty acids found in fish are brain food for young brains; young brains are made up of fat – part of which is omega-3s. Canned tuna has 150–300 mg of EPA/DHA omega-3 fats per 4 ounce serving – or about 60-120% of the recommended 250 mg EPA/DHA.
- *Eye wellness* – Moms who eat two servings of fish weekly during pregnancy can improve their baby's eye health.² While eating fish won't lead to "X-Ray Vision" it can help with the healthy development of young eyes.
- *Healthy hearts* -Eating fish helps prevent heart disease and stroke later in life.³ Developing the habit of eating fish early in life sets a child up for a lifelong healthful seafood habit.

The soft texture of fish makes it easy for kids to chew – so fish *should* be every kid's favorite food. But sometimes it's not.

Here are some tips for helping kids enjoy fish:

Lighter tastes – Start with milder white fish like tilapia or light canned tuna, which can taste and look lighter than other oilier fish. Try mixing tuna with full-fat or reduced-fat plain Greek yogurt; the extra creaminess will make it taste less 'fishy' for a tuna fish sandwich – or dip served with tortilla chips.

It's burger time – Like a crab cake, form a burger patty with chunks of cooked salmon or canned tuna, along with grated cooked potatoes, chopped green onions and the 'pizza herb' dried oregano. Fry in a bit of oil and serve on a bun with all the toppings; yes, even ketchup!

Add crunch appeal – To make easy homemade fish sticks, just cut raw fish fillets into 'stick-sized' pieces, place in a bowl and mix with an egg white. Then drop the fish pieces into a plastic zip-top bag with a crunchy coating like crushed corn flakes, breadcrumbs or crushed nuts; now get the kids to shake to coat! Place fish on a baking sheet coated with cooking spray and bake at 400 degrees for about 15 minutes.

Make fish familiar – Serve canned tuna on rice and top with salsa and crushed corn tortilla chips. Or serve small kid-sized pieces of fish atop pasta and smothered in spaghetti sauce with a sprinkle of cheese.



¹B Wansink, Mindless eating: Why we eat more than we think (Bantam, 2007)

²Hibbeln JR, Davis JM, Steer C, Emmett P, Rogers I, Williams C, Golding J. Maternal seafood consumption in pregnancy and neurodevelopmental outcomes in childhood (ALSPAC study): an observational cohort study. Lancet. 2007;369(9561):578-85.

³FDA, Quantitative Assessment of the Net Effects on Fetal Neurodevelopment from Eating Commercial Fish (As Measured by IQ and also by Early Age Verbal Development in Children). Accessed 12/9/15: <http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm>



Fish is for Kids! *continued*

Salmon Tacos Olé

Ingredients:

- 1 (14.75 ounce) can Chicken of the Sea® Traditional Pink Salmon
- 1/2 cup fresh or bottled non-fat salsa
- 12 gluten free corn tortillas
- 3/4 cup fat-free refried beans
- 1/4 cup fat-free shredded cheddar cheese
- 2 cups shredded cabbage or lettuce
- 3/4 cup chopped fresh tomato
- Fresh cilantro, chopped (optional)

Directions:

1. Heat oven to 350° F.
2. Mix salmon with salsa and set aside.
3. Place the tortillas on two baking sheets in a single layer; portion the beans and cheese evenly onto the tortillas.
4. Place in oven until warm and cheese is melted (5 – 8 minutes).
5. Remove from the oven and divide salmon mixture evenly among the tortillas.

TOTAL TIME:
8 MINUTES

SERVINGS:
6

NUTRITION:

Calories 260
Fat 7g
Protein 20g
Carbs 32g
Sodium 460mg
Sugar 2g



Recipe provided by Chicken of the Sea®

6. Top with cabbage or lettuce and chopped tomatoes.
7. Fold tortillas over and serve with extra salsa and chopped cilantro, if desired.

Rockin' Tuna Rollups

Ingredients:

Fresh Ginger Dipping Sauce:

- 1/2 cup hoisin sauce
- 1/3 cup seasoned rice vinegar
- 3 tablespoons minced fresh ginger
- 2 teaspoons sesame oil
- 2 teaspoons fish sauce
- 2 teaspoons sugar

Tuna Rolls

- 4 (8 inch) square rice paper wrappers
- 4 large leaves lettuce
- 1 (5 oz) Chicken of the Sea® Premium Light Tuna pouch
- 1 cup bean sprouts, washed
- 2/3 cup thinly sliced green onions
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh basil
- 3 tablespoons pickled ginger

Directions:

1. To make the dipping sauce, whisk the hoisin sauce, vinegar, ginger, sesame oil, fish sauce and sugar together in a small bowl. Refrigerate until ready to use.
2. To make the tuna rolls, start by softening the rice paper by using a plate with a lip that's filled with warm water. Take a sheet of rice paper and slide it into the water. Leave it for 5-10 seconds then remove. It should soften and be pliable.
3. Place one lettuce leaf on a diagonal from corner to opposite corner on each sheet of softened rice paper.
4. Lettuce should not go beyond the edge of the wrapper.
5. Place about 1/3 cup tuna in a layer down the center of the lettuce.
6. Evenly divide the remaining ingredients over the tuna.
7. Fold the bottom flap over filling.

TOTAL TIME:
30 MINUTES

SERVINGS:
4

NUTRITION:

Calories 220
Fat 5g
Protein 12g
Carbs 31g
Sodium 1310mg
Sugar 15g



Recipe provided by Chicken of the Sea®

8. Fold in the corners at the ends of the roll.
9. Roll up as tightly as possible, tucking in filling as needed.
10. Rolls can be served immediately but are best when refrigerated for about 3 hours.
11. Place filling side-up on plate and serve with Fresh Ginger Dipping Sauce.
12. Serve as a whole "roll" (2 to a plate) or cut into thirds as appetizers.

