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 $^{\rm 1}$

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.

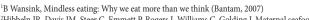
The soft texture of fish makes it easy for kids to chew – so fish *should* be every kid's favorite food. But sometimes it's not. **Here are some tips for helping kids enjoy fish:**

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.



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.
- 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).
- Remove from the oven and divide salmon mixture evenly among the tortillas.

TOTAL TIME: 8 MINUTES

SERVINGS:

NUTRITION:

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:

- 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.
- 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:

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.
- Roll up as tightly as possible, tucking in filling as needed.
- 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.
- Serve as a whole "roll" (2 to a plate) or cut into thirds as appetizers.

