

Seafood is Super-Power-Food for Kids

Check out this kids' menu offering:

X-Ray-Vision Carrots with Super-Quick-Thinker Tuna Sandwiches

Researchers have found that kids eat more healthy foods when menu items are named with fun titles.¹ And the Super-Quick-Thinker Tuna may really live up to its name:

Researchers examining data in the Framingham Heart Study found that people who ate more fish and had higher blood levels of omega-3 fatty acids (DHA and EPA) **performed better on memory and mental sharpness tests.**²



Seafood is one of the few natural dietary sources rich in omega-3 fats. These fatty acids are essential for brain and eye development. **The Dietary Guidelines recommend that everyone, including children, should eat two servings of seafood weekly.**³

Beyond naming them Totally Terrific Tuna Sandwiches, or another lively name, here are more ideas for exciting children about seafood:

Peruse the packaging: Kids are smart consumers. Fun new to-go packs of tuna salad plus crackers are now available in the supermarket canned seafood aisle. Let kids choose which package they prefer to take in their lunch. Packets of tuna are also available for older kids to add their own lunch accompaniments.

Look for tins: Don't discount their interest in the cool-shaped tins of canned sardines. Chicken of the Sea canned sardines carry the cartoon mermaid on the can – a hit with kids.

Take a trip to the seafood counter: Even if children have walked by the seafood counter dozens of times, they may have never stopped to explore the shapes and colors it holds. Take the time to let kids ask questions of the fishmonger about the unique seafood shells and colored fish. Some seafood attendants may even let the kids touch different fish (while wearing gloves.) Buy something the kids choose and let them help cook it.

Fix their favorites: Add canned shrimp to lasagna instead of hamburger. Canned clams in red sauce with spaghetti could become a new favorite especially when topped with plenty of grated Parmigiano Reggiano cheese. Make fish tacos part of Taco Tuesday.

¹What's in a name? Catchy vegetables increase affinity for greens. <http://foodpsychology.cornell.edu/discoveries/whats-name>

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.

³U.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/>.



Super-Power-Food *continued*

Mini BBQ Salmon Pizzas

Ingredients:

- 1 (12-inch) ready-made thin, whole grain pizza crust
- 2 (2.5-ounce) pouches Chicken of the Sea® Barbecue Flavored Pink Salmon, flaked with a fork
- 1 (3.5-ounce) container crumbled goat cheese
- 1/4 cup reduced-sodium barbecue sauce
- 1/4 red onion, thinly sliced
- 1 cup low-fat shredded mozzarella cheese
- 1/4 cup chopped fresh cilantro

Directions:

1. Preheat the oven to 450° F.
2. Using a 3-inch round cookie cutter (or a clean, empty can), cut the pizza crust into 8 pieces.
3. In a medium bowl, combine the salmon, goat cheese and barbecue sauce and mix until combined.
4. Evenly divide and spread the salmon mixture between each mini pizza crust. Top the salmon mixture with the red onion and mozzarella cheese.
5. Bake for 8 to 10 minutes, or until the cheese melts.
6. Sprinkle with chopped cilantro and serve.

**TOTAL TIME:
20 MINUTES**

**SERVINGS:
4**

NUTRITION:

Calories 350
Fat 13g
Protein 24g
Carbs 37g
Sodium 780mg
Sugar 8g



Recipe provided by Chicken of the Sea®

Super Salmon Salsa

Ingredients:

- 1 jar tomato salsa (your favorite brand)
- 2 (5-ounce) cans Chicken of the Sea® Skinless Boneless Pink Salmon, drained
- 1 (12-ounce) bag unsalted tortilla chips

Directions:

1. Pour salsa into a bowl and mix in drained salmon.
2. Scoop mixture onto tortilla chips - enjoy!

**TOTAL TIME:
5 MINUTES**

**SERVINGS:
10 APPETIZERS**

NUTRITION:

Calories 200
Fat 8g
Protein 9g
Carbs 22g
Sodium 310mg
Sugar 2g



Recipe provided by Chicken of the Sea®

