



NATIONAL
FISHERIES
INSTITUTE

SEAFOOD

IS A PERFECT FOOD FOR ALL AGE GROUPS

But some parents shy away from serving it simply because they think their kids won't eat it. Only about 10% of children in the U.S. meet the Dietary Guidelines' recommendation for eating seafood twice a week. Fish and shellfish are super sources of nutrients, including protein and omega-3s. Make sure your family isn't missing out with these easy tips for seafood success:

1

MAKE OVER THE MEALTIME MINDSET

Teach your kids to look forward to eating their food. Set the stage for little seafood lovers by telling them how much they are going to enjoy the meal, as opposed to asking "do you like that?"

2

MAKE ONE MEAL

Make one tasty seafood meal for everyone to eat. You'll save time and money, while ensuring your kids get the same wholesome foods as the adults.

3

TAKE TOTS WITH YOU TO RESTAURANTS

Include your kids when going out to eat seafood. Pulling off a restaurant outing smoothly is a skill and you'll gain confidence with practice.

Soon you'll have kids with an appreciation for eating out.

THREE SIMPLE WAYS TO PREPARE PERFECT SEAFOOD

For all preparations, bring seafood to room temperature. Flavor with oil and your choice of rub, seasoning, herbs and/or spices.

ON THE GRILL

Heat grill to medium, wipe with oiled cloth.

For 4-ounce, 1-inch fillets: Cook 4 minutes on one side. Flip with spatula or tongs and cook another 2 minutes.

For small shellfish (in grill basket): Cook 1 minute on one side. Flip and cook another 30 seconds.

Remove to plate and tent with foil to rest.

IN THE OVEN

Pre-heat oven to 350° and create a pouch using a 12"x12" square of aluminum foil. Place seafood in foil pouch and seal tightly.

For 4-ounce, 1-inch fillets: Bake in pouch for 20 minutes.

For small shellfish: Bake in pouch for 10 minutes.

Remove from oven and rest in partially opened pouch.

ON THE STOVE

Heat one tablespoon of oil or butter in pan on medium heat.

For 4-ounce, 1-inch fillets: Cook 4 minutes on one side. Flip with spatula or tongs and cook another 2 minutes.

For small shellfish: Cook 1 minute on one side. Flip with spatula or tongs and cook another 50 seconds.

Remove to plate and tent with foil to rest.

For more information, please visit
[www.aboutseafood.com](http://www.aboutseafood.com/health-nutrition/downloadable-resources)
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