

DINNER - FISH

CLASS 14



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FISH NUTRITION

- Fish is high in protein and relatively low in fat; it's also a source of many vitamins and minerals
- Since the year 2000, the American Heart Association has advised healthy adults to consume at least two servings of fish per week-particularly cold water, oily ones rich in healthy Omega 3 Fatty Acids EPA and DHA
- Virtually all fish provide these two Omega3 Fatty Acids, though the amount depends on many factors, including the species, the diet of the fish, and whether they were farm raised or caught in the wild
- Very good sources of EPA and DHA include herring, mackerel, salmon, sardines, trout, and both bluefin and albacore ("white") tuna



FISH NUTRITION

- Catfish, cod, haddock, lobster, scallops, and canned "light" tuna provide only small amounts of EPA and DHA
- Fried fish served in restaurants and fast-food establishments or purchased in the frozen-foods section of the supermarket (like "fish sticks") usually have only tiny amounts of Omega 3 Fatty Acids and are high in trans fatty acids
- Trans fatty acids are dangerous and should be avoided. Read labels!!!
- Farm raised fish are typically higher in total fat than their relatives raised in the wild, but their content of Omega 3 Fatty Acids is roughly similar



IS FISH SAFE?

- Fish can harbor various environmental pollutants and contaminants that they pick up in their watery environment and concentrate in their tissues. examples- poisons like mercury and polychlorinated biphenyls (PCBs)
- Exposure to fat-soluble PCBs can be minimized by removing the skin and any surface fat from fish before cooking them
- The U.S. Food and Drug Administration (FDA), which regulates all commercially-caught fish, advises that women who may become pregnant, pregnant and nursing women, and young children not eat fish that may contain high levels of mercury, particularly:
 - Shark
 - Swordfish
 - King mackerel, and
 - Tilefish (also called golden bass or golden snapper)



IS FISH SAFE?

- Fish with the least amount of mercury in their tissues include:
 - Salmon
 - Mid-Atlantic blue crab
 - Farmed catfish and trout
 - Non-white croaker
 - Flounder
 - Haddock
 - Shrimp
 - Fish sticks



HOW TO BUY, STORE, PREPARE & COOK FISH SAFELY

- Fish tastes “fishy” when it has not been handled properly; to avoid “fishy” fish, smell and feel it
- It should have a fresh and mild odor; it should be firm to touch and “spring back” into place
- If you can see your fingerprint or it has a strong odor, the fish is old
- Don’t buy cooked seafood like shrimp, crab or smoked fish displayed in the same case as raw fish
- Juices from the raw fish can transfer bacteria onto the cooked or ready-to-eat fish
- For frozen seafood, look for frost or ice crystals; this is a sign that the fish has been stored for a long time or thawed and refrozen
- Fish loses its freshness quickly; store it into the coldest part of the refrigerator
- Allow air to circulate freely around the package
- Store uncooked fish below ready-to-eat foods



HOW TO BUY, STORE, PREPARE & COOK FISH SAFELY

- To freeze fish, wrap airtight in heavy-duty aluminum foil, plastic freezer wrap, or heavy-duty freezer bags. Freeze at zero degrees or lower for 4-6 months.; never refreeze fish
- Fish cooks more evenly if thawed before cooking. For best quality, thaw overnight in the refrigerator
- If you need to thaw fish quickly, place in a sealable plastic bag and put in cold water for about an hour
- If you are using a microwave to thaw, put on “defrost” setting
- Remove the fish from the microwave while the fish is still icy but pliable; cook immediately
- If baking or broiling allow 10 minutes per inch of thickness until white and flaky (155 degree F on a food thermometer)
- Don't overcook fish
- Cooking fish at too high of a temperature or for too long a time toughens it, dries it out and destroys the flavor



RECIPES

- Tasty Tuna Loaf
- Salmon Patties
- Tuna Noodle Casserole
- Cheesy Baked Fish
- Savory Creole Fish Fillets
- Fish Tacos

Refer to handout for details

