Nutrition News

How’s Your Health?
Here’s a list of some of the most important self-care measures for improving your health. Check the statements that apply to you: 7 or 8 is good, and 9 or 10 is excellent. Use the results to identify new health habits that you hope to achieve in the coming months.

☐ I stay within 10 to 15 pounds of my healthiest weight.

☐ I follow a schedule for preventive screening and exams with my health care provider and dentist.

☐ I accumulate 30 to 60 minutes of exercise most days of the week.

☐ I eat a variety of fruits (at least 2 cups) and vegetables (at least 2½ cups) daily.

☐ I limit red meat and other foods high in saturated fat to two servings a week.

☐ I (a) don’t smoke or (b) have asked my provider for help quitting.

☐ I manage work stress in a healthy ways, such as regular exercise.

☐ I feel generally positive about life.

☐ I relax nearly every day.

☐ I have a network of friends for mutual support and fun.

☐ I get seven to nine hours of sleep a day.

►►Remember: It’s never too late to change for the better

Note: This is not intended to be a substitute for medical advice. Talk to your health care provider about your individual needs.

Fabulous Fish!
Versatile, nutritious and delicious – fish is a great addition to any meal.
Whether you flake canned salmon into a salad, barbecue some tilapia, or prepare a hearty chowder, fish is a great source of protein, and contains beneficial fats that are important for cardiovascular health.

Fish contain DHA and EPA, two types of omega-3 fat that help combat heart disease by reducing high blood pressure and triglyceride levels. All fish have some DHA and EPA, but Arctic char, herring, rainbow trout, salmon and sardines have the highest amounts.

Bonus: These fish are also low in mercury. This organic compound can cause methyl mercury poisoning if over consumed, and lead to symptoms such as impaired vision, muscle weakness and speech impairments.

Other low-mercury fish include tilapia, Pollock, catfish, sole and haddock, though they are not as high in omega-3 fats as the fish listed above.

Avoid or limit intake of fish that are high in mercury, such as shark, swordfish, king mackerel, tilefish, escolar, marlin and orange roughy.

Tuna Tip: The mercury content of tuna varies widely. Limit intake of fresh tuna steaks. When choosing canned tuna, opt for “light” (skipjack) instead of “white” (albacore) as it has the lowest mercury content. The FDA recommends that women who are or might become pregnant, nursing mothers and young children consume no more than 12 ounces of canned light tuna or 6 ounces of albacore per week.
Fish Tacos

- ½ cup light ranch-style dressing
- 2 tablespoons lime juice
- 1 teaspoon chili powder
- ¼ teaspoon pepper
- 1 jalapeño pepper, seeded and chopped fine (optional)
- 4 cups coleslaw mix or broccoli slaw
- 10 6-inch corn tortillas
- 3 tablespoons vegetable or canola oil
- 2 tablespoons cornmeal
- 1 pound firm white fish (tilapia, swai, domestic mahimahi, or halibut), cut in 1-inch pieces or in 10 strips
- 1 tomato, chopped (optional)

1. Stir together the dressing, lime juice, chili powder, pepper, and jalapeño (if desired). Pour over coleslaw mix and stir to mix well. Cover and place in refrigerator until serving time.

2. Warm the corn tortillas according to package directions.

3. Heat the oil in a small non-stick skillet over medium until hot, but not smoking. While the oil heats, spread the cornmeal on a plate. Pat the fish pieces in the cornmeal to coat on all sides. Fry the fish in hot oil until the cornmeal is lightly browned, 1 to 2 minutes per side. Remove and drain on paper towels.

4. Top each tortilla with some of the fish and some of the coleslaw mix. Fold in half and serve with the chopped tomato, if desired.

Serves: 5

**Nutritional Information:**

- 2 serving: Calories 397, Total fat 161, Saturated fat 2.2g, Cholesterol 58.4mg, Sodium 334.2mg, Carbohydrate 33.3g, Dietary fiber 5.6g, Sugars 4.2g, Protein 28.3g, Vitamin A 9%DV, Vitamin C 45%DV, Calcium 9%DV, Iron 10%DV.

### Cooking With Oil?

**Learn about smoke points.**

Dietary fat is an essential part of a balance diet. When it comes to your health, some fats are better than others. Cooking oils, for example, are lower in saturated fat than solid fats, such as lard or butter, making them good choices for your heart. Oil is most beneficial when it’s consumed in moderation. For most healthy people, the daily oil allowance is 1 to 2 tablespoons (depending on age, gender and physical activity level).

Choosing the right oil for each cooking method is often tricky. It helps to know the oil’s smoke point – that’s the temperature at which oil begins to break down when heated. At this point oil can smoke, develop a heavy flavor and lose nutritional value. Following is a guide for matching some oils to common cooking methods.

**Oils with a high smoke point of more than 445°F**

These oils include:
- Sunflower
- High oleic safflower and canola
- Corn
- Peanut

**Oils with a mid-range smoke point from 360°F to 425°F**

These oils are suitable for culinary uses such as sautéing at medium-high heat. Plus, their neutral flavors make them suitable for baking:
- Canola
- Walnut
- Soybean

**Some oils, including extra virgin olive and sesame, are best when heated at a very low temperature (no more than 350°F).** Plus, their robust flavors add richness to sauces and salad dressing. You also can use them as finishing oils on sautéed vegetables, pasta or salads.

**Note:** Flax and hemp oils are unsuitable for heat and should only be used cold.

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