



Week Four Participant Manual

Hanging Out in The Fish Aisle



Week 4 Contents

- Find the Omega-3 Fatty Acids in Fish and Other Foods
- Mercury in our Fish
- Easy Homemade Salmon Patty Recipe
- Buy This and Say Bye-Bye to That

JOURNALING

- Salmon have a very specific life. Their eggs are laid in fresh water in a river or stream, once they are between 1-3 years old they travel out to the sea or ocean where they adjust to living in salt water. They will stay there for 1-8 years and then return to the exact same spot in the fresh water where they were born. They then lay eggs and die shortly after.

What are your thoughts on the life of the salmon in the wild and is it a fish you think we should be farm raising?

- What are your thoughts on the mercury issue in our fish that we are experiencing today?



Find the Heart Healthy Omega-3 Fats in Fish and other Foods

Nuts and Seeds Flaxseed (ground) Walnuts Pine nuts Brazil nuts Pecans Flaxseed (ground) Flaxseed (oil)	Seafood Salmon Scallops Halibut Shrimp Mackerel Albacore tuna Herring Halibut Trout Sardines
Vegetables Cabbage Cauliflower Broccoli Spinach Romaine lettuce Soybeans Winter squash (all varieties)	Herbs and Spices Mustard seeds Cloves, ground Peppermint leaves, fresh



Mercury in Fish Consumption Guide

If it's not one thing, it's another... Mercury in our fish? Yep, that's right this is a modern day health concern.

Exposure to mercury, even in small amounts, is a great danger to humans and wildlife.

When mercury enters the body it acts as a neurotoxin, which means it harms our brain and nervous system. Mercury exposure is especially dangerous to pregnant women and young children, but all adults are at risk for serious medical problems (Ref. Natural Resources Defense Council)

So what do we do? Even with this issue of mercury, we know that fish is a healthy food and can fit into a balanced diet. Here is a guide to help us balance out the good with the bad.

Visit this website and download out a pocket guide for seafood consumption guidelines. This will help you to limit your exposure to mercury. The guide lists seafood with the least and most amounts of mercury and gives guidelines on how often the various types of seafood should be consumed.

www.nrdc.org/health/effects/mercury/walletcard.PDF



Super Salmon

Salmon is a health food loaded up with the healthy omega 3 fatty acids. These healthy fats are known to do so much good in the body and continue to be researched. Some benefits are correlated to a healthy heart. They may also benefit inflammatory conditions.

Choose wild caught when you can. A cost effective and practical way to get wild caught salmon is in the can. And salmon in this form is perfect for making a salmon pate or salmon patties. Try this easy and tasty recipe found below.



Go from this ↑ to this ↓

Salmon Patties

Yields approximately 12 patties

You'll Need:

- 16 ounces canned salmon
- 1 small onion finely chopped
- ¼ cup fresh parsley, finely chopped
- 2 eggs, well beaten
- 1 ¼ cups dried bread crumbs split into ¾ cup and ½ cup
- ¼ teaspoon cayenne
- Butter for cooking patties
- Salt and pepper to taste



Directions:

- Place the salmon and the liquid that is found in the can into a mixing bowl. Flake it with a fork.
- Mix in onion, parsley, cayenne, salt and pepper.
- Mix in beaten eggs.
- Add ¾ cup of bread crumbs to shape into patties. Then roll the patties in the extra bread crumbs.
- Melt butter in a skillet over low heat. Then cook patties until browned on both sides.

Note: This recipe is a base. Try using different spices and herbs such as dill or cilantro.



Buy This and Say Bye-Bye to That Shopping for Fish

Buy	Bye- Bye
For children and pregnant women, buy fish that are lower in mercury content (Please refer to the website to determine these specific types of fish).	Children and pregnant women should decrease purchasing of fish with that are suspected to contain a higher mercury content (Please refer to resource on website).
Wild-caught salmon	Farm-raised salmon
Wild-caught and line-caught, as much as possible, of any type of fish.	Limit, as much as possible, farmed-raised fish. *Refer to note below.
Fish that are a good source of omega-3 fatty acids.	Omega-3 supplements (unless otherwise indicated by your doctor).
Canned seafood free of additives and preservatives (ex. tuna, sardines, wild-caught salmon).	Canned seafood that contains additives and preservatives.

***Note:** If choosing farmed raised fish, North American is better than North Atlantic. And, as a guide, consume no more than three times per week.