

STAPLE SEAFOOD SELECTIONS PURCHASING TIPS



Plan for your two servings of seafood each week—your body will thank you!

Seafood is an excellent lean protein option and source of omega-3 fatty acids. Plus, incorporating seafood into your weekly meal plan can help reduce the risk of heart disease.

Here are some simple shopping tips to help you select and prepare seafood for a quick and easy meal! And remember, fish and shellfish should smell like the ocean or fresh lake and should not have an unpleasant “fishy” odor. Ask the fishmonger or local grocer if you can smell before you buy.



SHRIMP: Easy to prepare and so delicious! You can use shrimp for an appetizer or for a lunch or dinner entrée.

SHOPPING TIP: **Raw, frozen** and **cooked** shrimp are all great options to prepare a delicious meal. Check your local grocery store ad and shop for the option that is on sale during your grocery visit. Frozen shrimp are also great to stock up on and have available for a quick meal when you’re short on time!

PREP TIPS: **Thaw** frozen shrimp in a covered bowl in the refrigerator. If you’re in a hurry, place shrimp in a colander under running water for about 10 minutes or until completely thawed. You can follow the instructions in your recipe or **sauté** them in just a few minutes to **add to a salad** or along a **bed of brown rice with veggies**.

SALMON: High in omega-3 fatty acids and great for heart health!

SHOPPING TIP: You have so many options! Salmon **steaks** and **fillets** are most commonly found at the seafood counter. **Canned** salmon is a convenient choice for making salmon **salad** and salmon **cakes**. You can also consider purchasing **frozen salmon fillets** as well.

PREP TIPS: Salmon can be prepared in a number of different healthy ways depending on your preference...**seared, grilled, baked**. If you’re grilling salmon, consider keeping the skin on to hold the fish together and protect the delicate flesh from the intense heat.



TUNA: A warm-water fatty fish that is found throughout the world’s seas and high in omega-3 fatty acids.

SHOPPING TIP: What are you in the mood for? You can find **yellowfin (ahi)** tuna at your seafood counter or head down the aisle for some **canned chunk light** tuna. Be sure to stock up on some extra cans for a rainy day, a quick lunch at work, or a simple meal at home!

PREP TIPS: **Seared** tuna serves well over a bed of spinach. Canned tuna offers endless options...**tuna salad**, on top of a hearty **green salad**, in a **casserole**, or even a **gourmet dish**.

