



# Eating HEART HEALTHY

Cooking and Nutrition Workshop



**SEAFOOD  
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# *Eating* HEART HEALTHY

## Program Survey

Please take a moment to have participants complete the online survey.

[Eating Heart Healthy](#)  
[One Session Workshop](#)





# Eating HEART HEALTHY

## Topics Covered

- Heart Disease
- Seafood Nutrition
- Simple Seafood Recipes (Cooking Videos)
  - Italian Tuna Salad
  - Salmon Cakes





*Eating* HEART HEALTHY

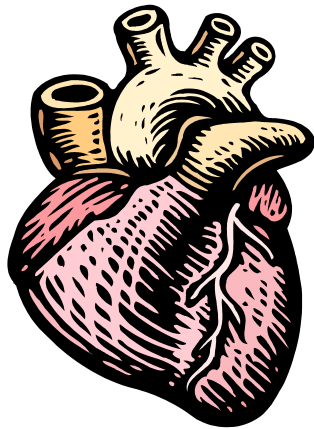
# HEART DISEASE & NUTRITION





## What is Cardiovascular Disease?

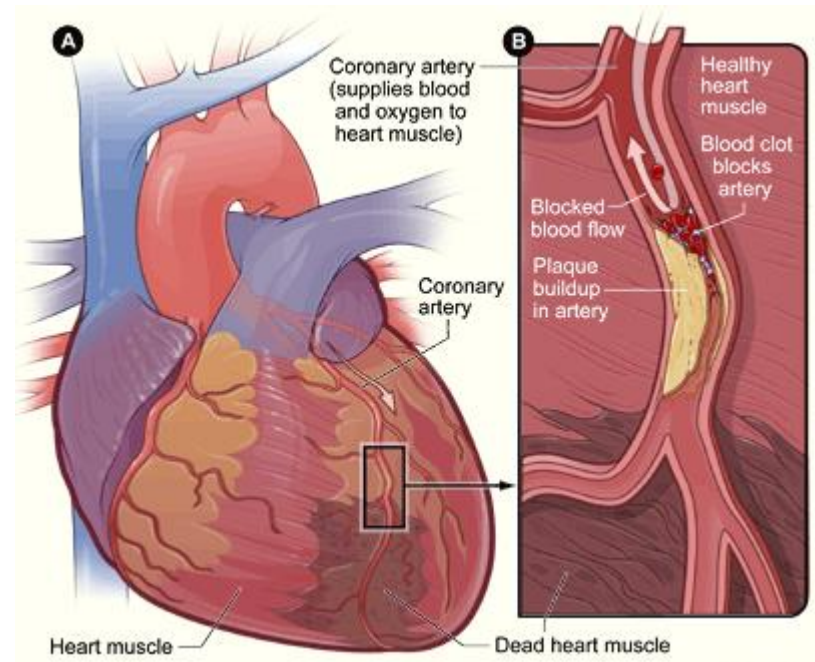
Cardiovascular Disease (CVD) refers to the diseases of the blood vessels (arteries and veins) that affect the heart and brain.





## What Is a Heart Attack?

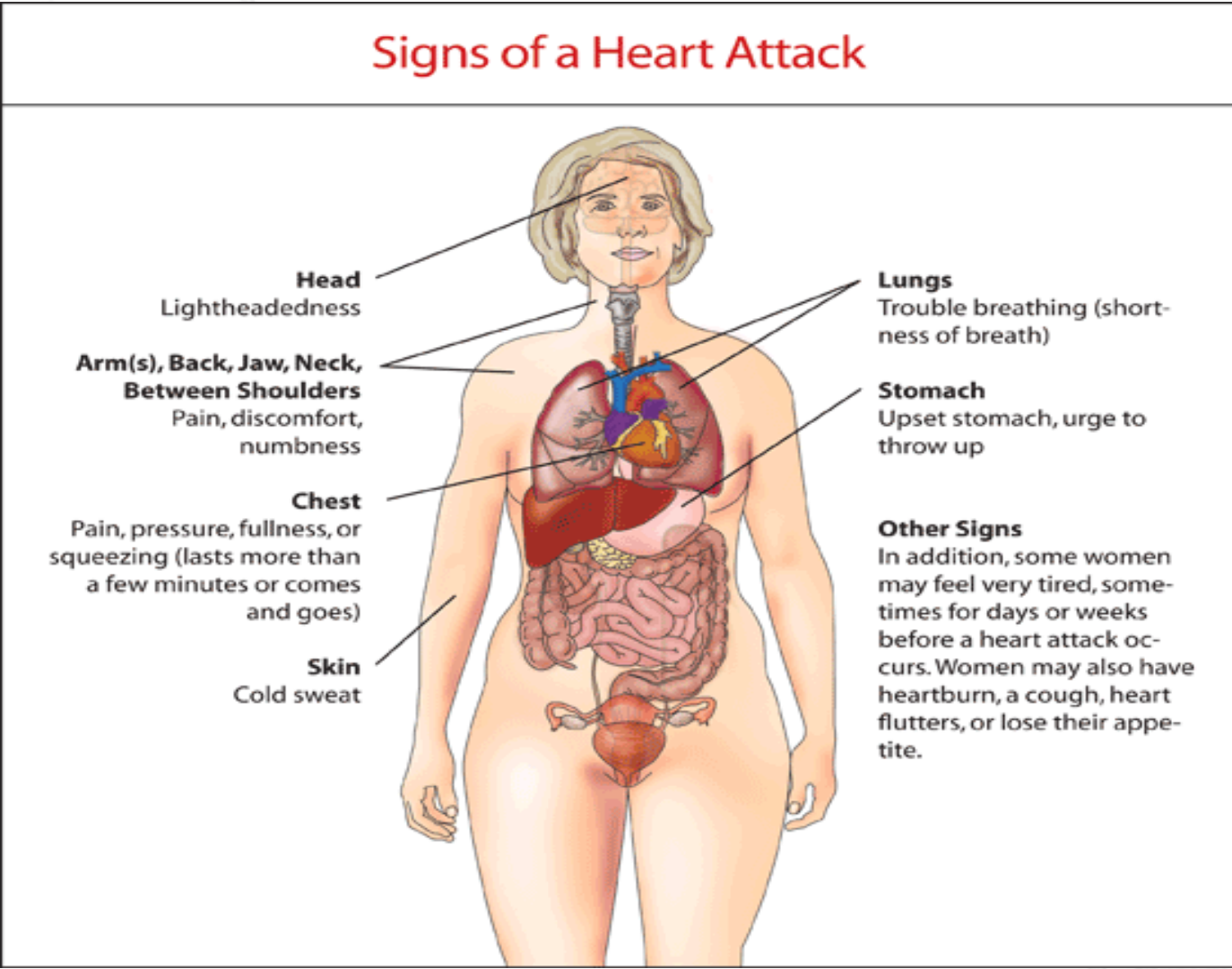
Occurs when blood flow to a section of heart muscle becomes blocked, and most often is the result of coronary artery disease





# Eating HEART HEALTHY

## Signs of a Heart Attack





## Seafood Contains Heart Healthy Fats

- The healthy fats in seafood are anti-inflammatory, and these fats are known as omega-3 fatty acids EPA and DHA
- Omega-3s EPA / DHA are critical for cell membrane health, especially in the heart and brain.







## When Buying Seafood

Always buy seafood from a reputable market where the employees are able to answer your questions. They should be able to tell you where the fish is from and when it came into the store.





## When Buying Seafood (cont.)

- Fresh fish should be bright and shiny with scales in place. Eyes should be clear. Odor should be fresh and mild. Fillets should have moist, elastic flesh.
- Fresh shellfish like clams, oysters, and mussels should close tightly when tapped. Always toss shellfish that do not open when cooked.





## Choose Fish Low in Mercury

- Nearly all fish and shellfish contain traces of methylmercury. However, larger fish that have lived longer have the highest levels of methylmercury because they've had more time to accumulate it.
- Prominent scientific studies (i.e. WHO/FAO) advise that the benefits of eating seafood outweigh the risks.
- **The FDA advises women who are expecting, pregnant, or feeding to not consume the following four fish: swordfish, shark, king mackerel and tilefish.**
  - **Up to 6 ounces of albacore (white) tuna per week**





## Top Consumed Seafood in US

According to the NOAA report, overall per capita consumption in 2015 was 15.5lbs, compared to 14.6lbs in 2014.

	2015
Shrimp	4.000
Salmon	2.879
Tuna	2.200
Tilapia	1.381
Alaska Pollock	0.970
Pangasius	0.743
Cod	0.600
Crab	0.555
Catfish	0.519
Clams	0.329
Per Capita Consumption	15.5
Total Top 10	14.17601
All Other Species Consumption	1.323986
Top 10 as % of Total Consumption	91.46%

- Ten different types of fish and shellfish products represent about 90% of the seafood consumed in the U.S. and are low in mercury.
- Eat a variety of seafood to take in different levels of omega-3 fatty acids, vitamins and minerals.





## Seafood Safety: Storing At Home

- Fish should be kept in the coldest part of the refrigerator below 40°F in its original packaging.
- Shellfish such as clams, oysters, and mussels should be stored in the refrigerator in open containers with clean, damp cloths placed over the shellfish.
- Live lobsters and crabs should be cooked the same day as purchased.
- Raw and cooked seafood should be stored separately.





## Seafood Safety: Cooking

- Cook seafood to an internal temperature of 145°F for at least 15 seconds.
- Properly cooked seafood should be moist and solid color throughout.
- Purchase seafood from retailers that have good quality and cleanliness.





## Tips to Eat Seafood Twice a Week

- Eat a variety of seafood.
- Keep seafood lean and flavorful.
- Add seafood to a salad, sandwich, or taco.
- Keep seafood on-hand, such as frozen or canned seafood.





## Cooking Videos

Italian Tuna Salad  
Salmon Cakes







# Italian Tuna Salad

From SNP Eating Heart Healthy Nutrition Program  
Created By Chef Kelly Armetta, Hyatt Regency Boston



[Video Link](#)





## Salmon Cakes with Yogurt & Cucumber Sauce

From SNP Eating Heart Healthy Nutrition Program  
Created By Chef Kelly Armetta, Hyatt Regency Boston



[Video Link](#)





## Stay Engaged

- Visit [Seafood Nutrition Partnership website](#) for more information and coupons
- Commit to the “[Healthy Heart Pledge](#)”
- Learn your Omega-3 Index





# CERTIFICATE OF EXCELLENCE

is hereby granted to:

\_\_\_\_\_

Participant Name

for outstanding participation in  
**EATING HEART HEALTHY**

Completed on \_\_\_\_\_

Date





# *Eating* HEART HEALTHY

We thank you for participating in  
the Eating Heart Healthy Program!





# Eating HEART HEALTHY

For more information and resources please visit [www.seafoodnutrition.org](http://www.seafoodnutrition.org) or email us at [info@seafoodnutrition.org](mailto:info@seafoodnutrition.org).

