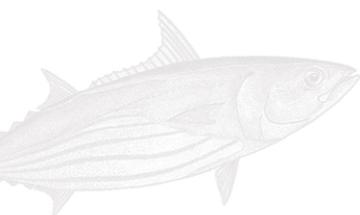


*Eating* HEART HEALTHY



# Seafood Nutrition Education & Cooking Program

Four-Session Program Guide



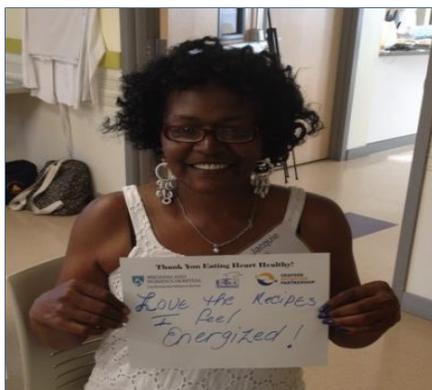
# Eating HEART HEALTHY



Seafood Nutrition Partnership (SNP) engages community, health and culinary partners around the country to conduct Eating Heart Healthy—an interactive cooking and nutrition program that educates participants about the link between healthy eating and the risk of cardiovascular disease.

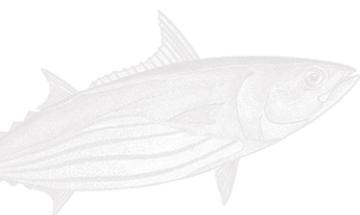
**A Public Health Crisis.** America has a national health crisis with preventable diseases as obesity, cardiovascular disease and diabetes are on the rise and all are preventable with proper diet and exercise. Cardiovascular disease is the leading cause of death in the United States and the annual cost to treat the disease is over \$300 billion. A diet rich in seafood can help prevent many of the fatal diseases affecting Americans. The USDA Dietary Guidelines recommend eating at least two servings of seafood weekly for a healthy diet, but only 10% of Americans follow the recommendation. Studies show eating just 8 oz. of seafood a week helps to reduce the risks of dying from heart disease. One of the biggest barriers to eating seafood is the lack of confidence in knowing how to select, buy, prepare and eat seafood. Those barriers are preventing Americans from incorporating a healthy and lean protein into their diets.

**Eating Heart Healthy.** Developed by SNP and Brigham and Women's Hospital, Eating Heart Healthy teaches selection and preparation of seafood and its health benefits through interactive nutrition and cooking demonstrations. Our affordable [recipes](#) are approximately \$10 for four servings. SNP follows up with all participants to ensure they continue their healthy eating and support them with coupons, tips and recipes. By conducting Omega-3 screenings in a pilot program with women at high-risk for heart disease, results showed that the program contributed to a measurable impact in the participants' health.



"I wish I was taught the importance of good nutrition, especially seafood nutrition, for my children's brain and heart health. After attending Seafood Nutrition Partnership's nutrition education workshops in our community I now make sure my grandson eats seafood at least twice a week---and he loves it!"

**Ms. Jacquie B., Eating Heart Healthy Program Graduate,  
Resident of Roxbury Tenants of Harvard**



# Eating HEART HEALTHY



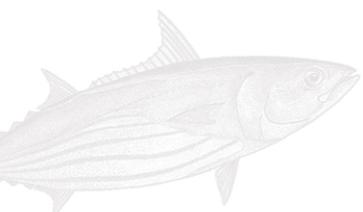
## Program Guide Contents

### Introduction

- Program Overview
- Four-Session Snapshot

### Sample Program Documents

- Implementation
  - Partner Checklist
  - Outreach Flyer
  - Sign-in Sheet
  - Registration and Consent Form
  - Program Survey
- Live Cooking Demonstration
  - Recipes
  - Equipment List
  - Chef Talking Points
- Additional Resources
  - Seafood FAQ
  - Seafood Resource Guide
  - Certificate of Excellence



# Eating HEART HEALTHY



## Program Overview

**Four Session Program.** This session fits well for organizations looking to start a new program that is easy and impactful. The turn-key nutrition program includes nutrition curriculum, online cooking demonstrations, and resources that make implementation easy for your organization.

Eating Heart Healthy partners have access to the following:

- The curriculum and participant materials for Eating Heart Healthy.
- A toolkit that includes checklists and sample documents for the program manager or coordinator.
- Access to [SNP resources](#).
- Link to the [Healthy Heart Pledge](#). Encourage participants to take the pledge and we will support them on their healthy eating journey with emails that include seafood recipes, nutrition tips and resources, and coupons.

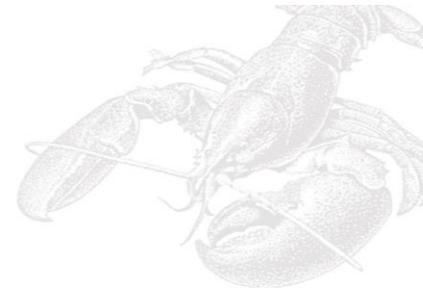
## Program Budget

The program is provided to partners across the country at **no cost**. To help keep cost low, the curriculum includes online cooking demonstrations coupled with facilitated discussion. As an optional program component, partners can choose to do live cooking demos. The budget below provides an estimated cost based on the recipes included in the program.

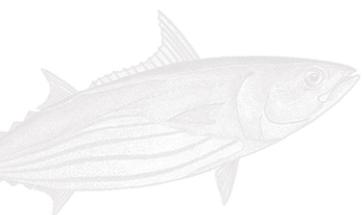
Program Costs	Costs for 4 Session
Curriculum/Materials	Free
<b>Optional</b> Live Cooking Demo (Estimated food cost and serving utensils)	<b>\$150</b>
<b>Program Total</b>	Online Program: <b>\$0</b> With Cooking Demo: <b>\$150</b>



# Eating HEART HEALTHY



Four-Session Overview: Week 1	
<b>Learning Objectives</b>	<p><i>Participants will be able to:</i></p> <ul style="list-style-type: none"> <li>• Understand heart disease and the associated risk factors.</li> <li>• Recognize preventative measures that can be taken to reduce risks of chronic disease.</li> <li>• Recognize affordable and quick seafood options to include in the diet at least twice a week.</li> </ul>
<b>Suggested Timing</b>	<p><b>Total Time:</b> 60 minutes</p> <ul style="list-style-type: none"> <li>• Welcome &amp; Introductions (5 minutes)</li> <li>• Pre-Program Survey &amp; Health Screening (15 minutes)</li> <li>• Cardiovascular Risk Factors and Nutrition (20 minutes)</li> <li>• Video Cooking Demonstration (5 minutes)               <ul style="list-style-type: none"> <li>◦ Italian Tuna Salad</li> </ul> </li> <li>• Group Discussion (10 minutes)</li> <li>• Final Questions (5 minutes)</li> </ul>
<b>Materials &amp; Prep</b>	<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Computer and Projector (for PowerPoint presentation)</li> <li>• Audio Capabilities (for video cooking demonstrations)</li> <li>• Sign-in Sheet</li> <li>• Registration Form</li> <li>• Pre-Program Survey</li> <li>• Printed Resources (optional)</li> <li>• Food Items (live cooking demo only)</li> </ul>
<b>Resources</b>	<p><a href="#">SNP Resources</a></p>

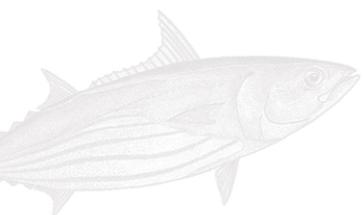


# Eating HEART HEALTHY

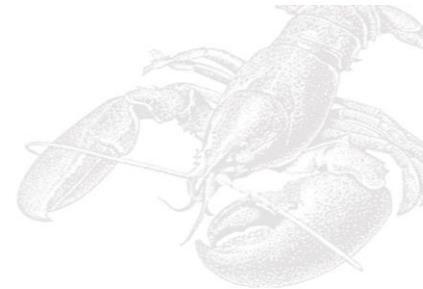


## Four-Session Overview: Week 2

<b>Learning Objectives</b>	<i>Participants will be able to:</i> <ul style="list-style-type: none"><li>• Understand ways to plan a heart healthy meal.</li><li>• Recognize key nutrients on the nutrition facts label.</li><li>• Apply knowledge learned to make better choices when purchasing food items.</li></ul>
<b>Suggested Timing</b>	<b>Total Time:</b> 60 minutes <ul style="list-style-type: none"><li>• Welcome &amp; Session 1 Feedback (10 minutes)</li><li>• Heart Healthy Meal Planning (20 minutes)</li><li>• Video Cooking Demonstrations (10 minutes)<ul style="list-style-type: none"><li>◦ Salmon Cakes</li><li>◦ Mussels in Garlic Broth</li></ul></li><li>• Group Discussion (10 minutes)</li><li>• Final Questions (5 minutes)</li></ul>
<b>Materials &amp; Prep</b>	<b>Suggestions:</b> <ul style="list-style-type: none"><li>• Computer and Projector (for PowerPoint presentation)</li><li>• Audio Capabilities (for video cooking demonstrations)</li><li>• Sign-in Sheet</li><li>• Registration Form (for new participants)</li><li>• Printed Resources (optional)</li><li>• Food Items (live cooking demo only)</li></ul>
<b>Resources</b>	<a href="#">SNP Resources</a>

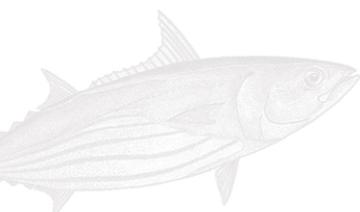


# Eating HEART HEALTHY



## Four-Session Overview: Week 3

<b>Learning Objectives</b>	<p><i>Participants will be able to:</i></p> <ul style="list-style-type: none"> <li>• Recognize preventative measures that can be taken to reduce risks of chronic disease.</li> <li>• Recognize and apply heart healthy cooking methods.</li> <li>• Recognize a variety of affordable and quick seafood options.</li> </ul>
<b>Suggested Timing</b>	<p><b>Total Time:</b> 60 minutes</p> <ul style="list-style-type: none"> <li>• Welcome &amp; Session 2 Feedback (10 minutes)</li> <li>• Preventing CVD Risk Factors and Heart Healthy Cooking (20 minutes)</li> <li>• Video Cooking Demonstrations (10 minutes) <ul style="list-style-type: none"> <li>○ Fish Tacos</li> <li>○ Crab Salad</li> </ul> </li> <li>• Group Discussion (15 minutes)</li> <li>• Final Questions (5 minutes)</li> <li>•</li> </ul>
<b>Materials &amp; Prep</b>	<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Computer and Projector (for PowerPoint presentation)</li> <li>• Audio Capabilities (for video cooking demonstrations)</li> <li>• Sign-in Sheet</li> <li>• Registration Form (for new participants)</li> <li>• Printed Resources (optional)</li> <li>• Food Items (live cooking demo only)</li> </ul>
<b>Resources</b>	<p><a href="#">SNP Resources</a></p>

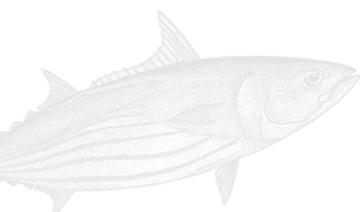


# Eating HEART HEALTHY

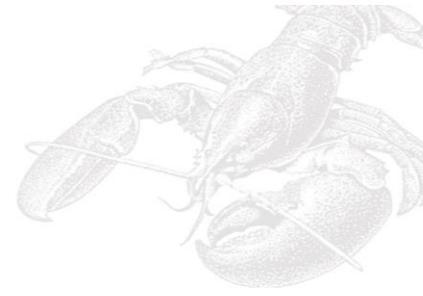


## Four-Session Overview: Week 4

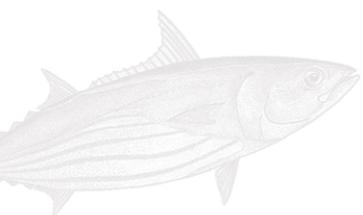
<b>Learning Objectives</b>	<i>Participants will be able to:</i> <ul style="list-style-type: none"><li>• Identify simple ways to plan, purchase, and prepare seafood.</li><li>• Recognize affordable and quick seafood options to include in the diet at least twice a week.</li><li>• Apply heart healthy cooking methods learned in the program.</li></ul>
<b>Suggested Timing</b>	<b>Total Time:</b> 90 minutes <ul style="list-style-type: none"><li>• Welcome &amp; Session 3 Feedback (10 minutes)</li><li>• Eating Heart Healthy on a Budget (20 minutes)</li><li>• Live Chef Cooking Demonstration (15 minutes)</li><li>• Group Dinner and Discussion (30 minutes)</li><li>• Certificates of Completion (10 minutes)</li><li>• Final Questions (5 minutes)</li></ul>
<b>Materials &amp; Prep</b>	<b>Suggestions:</b> <ul style="list-style-type: none"><li>• Computer and Projector (for PowerPoint presentation)</li><li>• Audio Capabilities (for video cooking demonstrations)</li><li>• Sign-in Sheet</li><li>• Registration Form (for new participants)</li><li>• Post-Program Survey</li><li>• Printed Resources (optional)</li><li>• Food Items (live cooking demo only)</li></ul>
<b>Resources</b>	<a href="#">SNP Resources</a>



*Eating* HEART HEALTHY



# *Program Implementation*



# Eating HEART HEALTHY



## Partner Checklist

### 8 Weeks Prior:

- ✓ Review program materials. Determine if the program will include live cooking demonstrations and plan accordingly.

### 6 Weeks Prior:

- ✓ Recruit participants. Distribute flyers and publicize program.
  - Resource: Outreach Flyer
- ✓ If possible, distribute the registration forms to participants ahead of time and request they bring the completed forms to the session.

### 4 Weeks Prior:

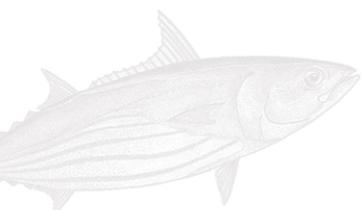
- ✓ Follow-up with any additional program partners that will provide support.
- ✓ Continue recruiting participants.

### 1 Week Prior:

- ✓ If possible, send a reminder to registered participants.
- ✓ Check-in with any additional program partners that will provide support.

### Day of Each Session:

- ✓ Prep the room. Make sure you have a sign-in sheet, registration forms, and surveys.
  - Note: If you are doing live cooking demos, make sure the chef is ready.
- ✓ Load the presentation, so it is projected to the room and visible to participants.
  - Resource: [Eating Heart Healthy: Four Session Program](#)
- ✓ Share feedback via email with [Seafood Nutrition Partnership](#).
- ✓ Show us how you are teaching others about seafood nutrition on social media #Seafood2xWk #Omega3s
- ✓ Have fun!



# Eating HEART HEALTHY



**WHAT: SEAFOOD NUTRITION AND COOKING WORKSHOP**

**WHEN:**

**WHERE:**

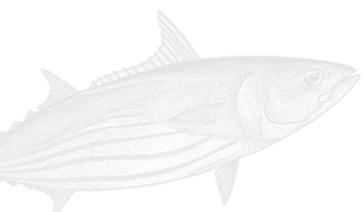
**HOW TO SIGN UP:**

**COST:**

***Eating Heart Healthy* is an interactive seafood nutrition and cooking program to increase awareness of the cardiovascular benefits of a heart healthy diet.**

Participants can look forward to the following:

- Learn the importance of incorporating fish and shellfish into their diet to promote cardiovascular wellness.
- Learn about affordable and easy to prepare seafood recipes.
- Receive resources that will assist with living a heart healthy lifestyle.



# Eating HEART HEALTHY

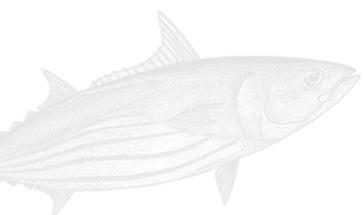


## Sign-In Sheet

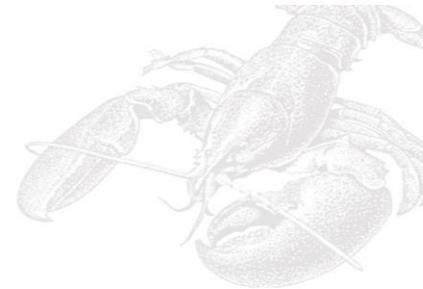
Organization: \_\_\_\_\_

Date of Session: \_\_\_\_\_

Participant Signatures	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	



# Eating HEART HEALTHY



## Eating Heart Healthy Participant Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender (Male/Female): \_\_\_\_\_

### Please provide us with the best ways to be in touch with you:

Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

### Please answer the following questions as accurately as possible:

*Are you allergic to eating seafood, including fish, shellfish, or mollusks?*

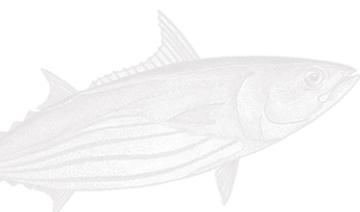
Yes       No

*Are you currently on medication to control your blood pressure?*

Yes       No

*Are you currently on medication to control your diabetes?*

Yes       No



# Eating HEART HEALTHY



## Eating Heart Healthy Participant Informed Consent Statement

### 1. Introduction

You are invited to take part in Eating Heart Healthy, a cardiovascular risk reduction program (the “program”), developed by Seafood Nutrition Partnership. To participate in this program, you must be at least 18 years old and have no known allergies to seafood (includes fish, shellfish, and mollusks). If you would like to participate in this program, please read and sign this consent form. This program includes a four-week series of workshops. It is intended to give you health information, but not a diagnosis or medical treatment.

### 2. Purpose

The purpose of this program is to provide tools to improve cardiovascular health through diet that includes seafood, and also builds awareness of identifying and addressing the preventable risk factors associated with cardiovascular disease.

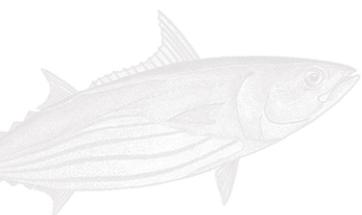
### 3. Weekly Sessions

This program will have (4) weekly sessions that will start promptly on time. The sessions will incorporate presentations, ice-breakers, cooking demonstrations, and group discussions.

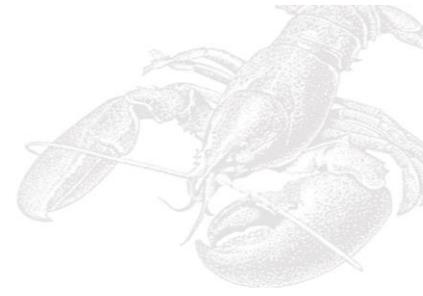
### 4. Photo and Video Release

I hereby authorize the Eating Heart Healthy Program and the Seafood Nutrition Partnership to use, reproduce, and/or publish photographs and/or video that may pertain to me—including my image, likeness and/or voice without compensation. I understand that this material may be used in various publications, public affairs releases, recruitment materials, broadcast public service advertising (PSAs) or for other related endeavors.

This material may also appear on the program organizer’s internet sites. This authorization is continuous and may only be withdrawn by my specific rescission of this authorization. Consequently, the Eating Heart Healthy Program may publish materials, use my name, photograph, and/or make reference to me in any manner that the Eating Heart Healthy Program organizers deems appropriate in order to build awareness of the program.



# Eating HEART HEALTHY



## 5. Post Program Support

Upon taking the Healthy Heart Pledge, you will receive communications from Seafood Nutrition Partnership in the form of monthly eNewsletters. You may unsubscribe at anytime by contacting Seafood Nutrition Partnership.

## 6. Consent

My signature below means that I voluntarily agree to take part in this program. Additionally, I understand that should I become ill, or have any complications, or any questions regarding my health, I should contact my medical provider. I further understand that the program is not proposing any diagnosis, or recommending medical treatment, but merely acting as a nutrition education program to provide me with more knowledge to have a healthier lifestyle.

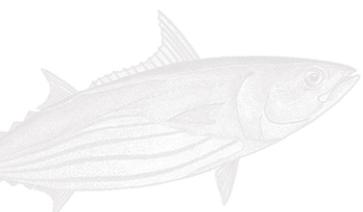
I agree to hold harmless and indemnify the Seafood Nutrition Partnership and its respective officers, directors, employees, members, and volunteers (all of who together are herein called "Seafood Nutrition Partnership and SNP") from all liability, claims, judgments and demands arising from my participation in this program. I am aware this Consent Form does not have an expiration date.

Before signing this form, I have read the consent form and fully understand what it says. I have had a chance to ask questions. For any questions I have asked, I have received answers that I understand. A copy will be given to me during the first session for my records.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Participant: \_\_\_\_\_

Project Manager Rep. Signature: \_\_\_\_\_



# Eating HEART HEALTHY



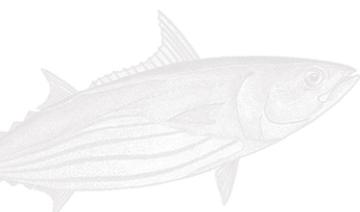
## Pre-Program Survey

Name: \_\_\_\_\_

Please provide your email address so we can send you tips and coupons.

Email: \_\_\_\_\_

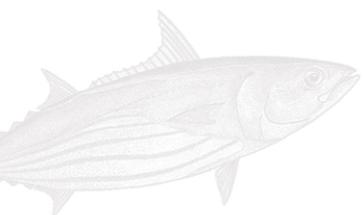
1. Which of the following statements apply to you? (Check All That Apply)
  - I have heart disease
  - I am at risk for heart disease
  - I have been screened for heart disease
  - My family has a history of heart disease
  - I try to protect myself and my family from heart disease
  - I pay attention to news or articles about heart health
  - None of the above
2. Did you know that eating seafood twice a week can help reduce the risk of dying from heart disease by 36%?
  - Yes
  - No
3. How often do you eat seafood, including shellfish, which is not fried (at home or away from home)? (Check One)
  - Once a week
  - Twice or more per week
  - Once a month
  - A few times a year
  - I don't eat seafood
4. Do you currently take fish oil or omega-3 capsules on a regular basis?
  - Yes
  - No



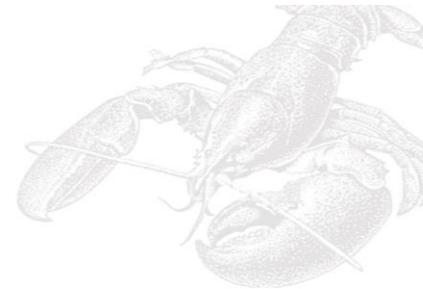
# Eating HEART HEALTHY



5. Do you know where to buy seafood?
  - Yes
  - No
  
6. Do you know how to cook seafood using healthy methods?
  - Yes
  - No
  
7. Do you know how to include seafood within your family's budget?
  - Yes
  - No



# Eating HEART HEALTHY



## Post-Program Survey

Name: \_\_\_\_\_

Please provide your email address so we can send you tips and coupons.

Email: \_\_\_\_\_

1. In the last 30 days, how many times did you eat seafood, including shellfish, which was not fried (at home or away from home)? (Check One)
  - Once a week
  - Twice or more per week
  - Once in the last 30 days
  - A few times in the last 30 days
  - I didn't eat seafood in the last 30 days

2. Do you currently take fish oil or omega-3 capsules on a regular basis?
  - Yes
  - No

3. Since you've completed the Eating Heart Healthy Program, do you feel confident in the following areas?

Buying seafood?

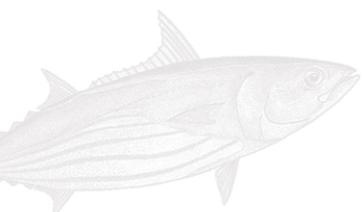
- Yes
- No

Cooking seafood using healthy methods?

- Yes
- No

Knowing how to include seafood within my family's budget?

- Yes
- No



# Eating HEART HEALTHY



4. Since completing the course, do you feel confident to discuss the benefits of eating seafood for prevention of heart disease?

- Yes
- No

5. What types of seafood dish would you like to learn how to prepare in the future? Please list and/or explain your preference.

---

---

6. Please respond with *Agree*, *Disagree*, or *Neutral* to the following statements.

	<b>Agree</b>	<b>Disagree</b>	<b>Neutral</b>
I would recommend the Eating Heart Healthy Program to friends.			
I plan to eat seafood twice a week.			

7. General Program Feedback: We appreciate your feedback so that we may improve on future programs.

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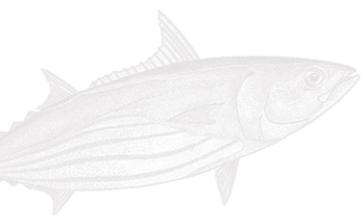
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*Eating* HEART HEALTHY



# *Live Cooking Demo*



# Eating HEART HEALTHY



## Italian Tuna Salad



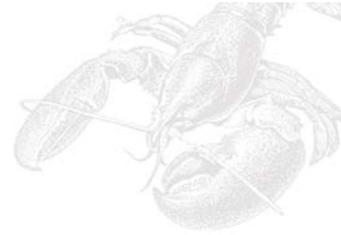
Meal Period	<u>Lunch</u>	Serves	<u>4</u>
Prep Time	<u>15 minutes</u>	Cook Time	<u>5 minutes</u>
Cost	<u>\$9.22</u>	Omega-3	<u>150 mg / serving</u>

INGREDIENTS	QTY	UOM	COST	EXT COST
Tuna, Canned Packed in Olive Oil	2	5 oz. can	1.99	3.98
Mix Salad Greens	1	5 oz. bag	2.00	2.00
Green Beans, low sodium canned	1	14.5 oz. can	0.80	0.80
Potatoes, Cubed and boiled	1	ea.	0.69	0.69
Olives, black and pitted	2	oz.	0.25	0.50
Cucumbers, Chopped	1	ea.	0.75	0.75
Tomatoes, cherry	2	oz.	0.25	0.50
Balsamic Vinegar	1	oz.	0.10	Pantry Item
Oregano, Dried	0.5	tsp.	0.10	Pantry Item
Salt & Pepper (S&P)	To Taste			Pantry Item

- 1 Make sure potatoes are pre-cooked by boiling for 15 minutes.
- 2 Drain oil from tuna into a bowl. Set tuna aside.
- 3 Add to the oil from the tuna can, vinegar, oregano, S&P. Mix Dressing well.
- 4 Mix greens with potatoes and green beans.
- 5 Add raw vegetables and dressing.
- 6 Top tuna onto salad.
- 7 Serving suggestion: Serve salad with whole grain bread and drizzle extra dressing over salad.



# Eating HEART HEALTHY



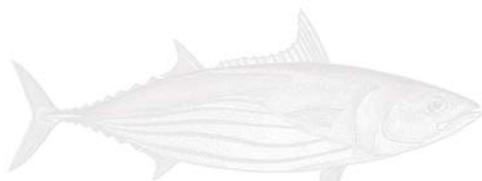
## Mussels in Garlic Broth



Meal Period	<u>Dinner</u>	Serves	<u>4</u>
Prep Time	<u>5 minutes</u>	Cook Time	<u>5 minutes</u>
Total Cost	<u>\$6.69</u>	Omega-3	<u>900 mg / serving</u>

INGREDIENTS	QTY	UOM	COST	EXT COST
Mussels, Cleaned	2	Lbs.	1.99	3.98
Garlic, cloves sliced	4	ea.	0.10	0.40
Onions, chopped	1	oz.	0.10	0.10
Lemon Juice	0.5	lemon	0.89	0.45
Canned tomatoes, chopped	2	ea.	0.88	1.76
White Wine (optional)	2	oz.	0.00	Pantry Item
Clam Juice (optional)	2	oz.	0.00	Pantry Item
Basil, dried	0.5	tsp.	0.10	Pantry Item
Thyme, dried	0.5	tsp.	0.10	Pantry Item
Butter	2	TBSP	0.10	Pantry Item
S&P	To Taste			Pantry Item

- 1 Heat large pot with 1/2 the olive oil and sliced garlic and onions.
- 2 When aroma is released, add mussels.
- 3 Add herbs, white wine and clam juice (optional).
- 4 Squeeze lemon juice and add 1/2 amount to mussels.
- 5 Add tomatoes. Cover and simmer until mussels steam open.
- 6 Discard unopened mussels and remove from heat keeping warm.
- 7 To finish mussels, add butter and swirl to make broth thicker.
- 8 Optional: Served with crusty bread for dipping in broth.



# Eating HEART HEALTHY



## Salmon Cakes



Meal Period	<u>Lunch</u>	Serves	<u>4</u>
Prep Time	<u>10 minutes</u>	Cook Time	<u>10 minutes</u>
Cost	<u>\$6.13</u>	Omega-3	<u>900 mg / serving</u>

INGREDIENTS	QTY	UOM	COST	EXT COST
Salmon, drained and crumbled	1	14.7 oz. can	4.49	4.49
Potatoes, peeled, boiled and cooled	1	ea.	0.69	0.69
Yogurt (plain)	2	oz.	0.10	0.20
Cucumber, thinly sliced	1	ea.	0.75	0.75
Egg, beaten	1	ea.	0.20	Pantry Item
Onions, chopped fine	0.5	oz.	0.10	Pantry Item
Garlic, chopped	1	tsp.	0.10	Pantry Item
Mustard	0.5	TBSP	0.10	Pantry Item
Bread Crumbs	0.5	cup	1.00	Pantry Item
Lemon, juice	1	ea.	0.89	Pantry Item
Olive Oil	2	oz.	0.10	Pantry Item
Dill, dried	0.5	tsp.	0.10	Pantry Item
Salt & Pepper (S&P)	To Taste			Pantry Item

- 1 Heat 1/2 of oil in pan and add garlic and onions.
- 2 Sautee until aroma is released.
- 3 Meanwhile crush potatoes and mix with salmon and 1/2 the lemon juice.
- 4 Add garlic and onions, mix and add eggs and mustard. Mix again.
- 5 Add bread crumbs. You may not need all the crumbs. Fold until combined.
- 6 Heat pan again and add remaining oil.
- 7 While heating, use a ice cream scoop and scoop salmon mixture. Place into pan.
- 8 Fry cakes on both sides for 4 minutes each.
- 9 Combine yogurt, dill, cucumbers, remaining lemon juice and S&P. Mix well.
- 10 Serve salmon cakes with yogurt sauce.



# Eating HEART HEALTHY



## Fish Tacos



<b>Meal Period</b>	<b>Lunch</b>	<b>Serves</b>	<b>4</b>
<b>Prep Time</b>	<b>10 minutes</b>	<b>Cook Time</b>	<b>15 minutes</b>
<b>Cost</b>	<b>\$11.85</b>	<b>Omega-3</b>	<b>150 mg / serving</b>

INGREDIENTS	QTY	UOM	COST	EXT COST
Catfish or Tilapia	1	lbs.	4.10	4.10
Taco Shells, soft and/or hard shell	8	ea.	0.16	1.28
Sour Cream, low fat	0.5	cup	1.59	0.80
Mexican Cheese Blend, low fat	0.5	cup	1.15	0.58
Tomatoes, plum	3	ea.	0.39	1.17
Chilies	1	can	1.69	1.69
Lime	2	ea.	0.69	1.38
Scallion - Green Onion	0.5	bunch	0.99	0.50
Iceberg Lettuce, shredded	1	cup	0.36	0.36
Olive Oil	3	Tbsp	0.49	Pantry Item
Cajun Spice	2	Tbsp	0.59	Pantry Item
Dried Cilantro	1	tsp.	0.19	Pantry Item
Cumin	1	tsp.	0.38	Pantry Item
Avocado (optional)	1	ea.	1.24	Optional

1 Cut fish into strips and toss with Cajun spices and 2 TBSP of oil.

2 Bake in a 325 degree oven for 8 minutes or until done.

3 Meanwhile, chop tomato and scallions.

4 Mix tomatoes with cumin, 1 TBSP oil, juice of 1 lime, and cilantro.

5 Build taco with favorite toppings in a soft or hard shell tortilla.



# Eating HEART HEALTHY



## Crab Salad with Yogurt Dressing



Meal Period	Lunch	Serves	4
Prep Time	5 minutes	Cook Time	20 minutes
Cost	\$8.26	Omega-3	200-550 mg / serving

INGREDIENTS	QTY	UOM	COST	EXT COST
Crabmeat	1	6 oz. can	3.29	3.29
Spinach	1	8 oz. bag	2.49	2.49
Lentils, Cooked	4	oz.	0.12	0.48
Grapefruit, Pink	1	ea.	1.25	1.25
Walnuts	1	oz.	0.50	0.50
Yogurt, non fat	0.5	cup	0.50	0.25
Lemon Juice	1	ea.	0.89	Pantry Item
Scallion	1	oz.	0.10	Pantry Item
Olive Oil	1	oz.	0.00	Pantry Item
Cayenne Pepper	To Taste		0.00	Pantry Item
Salt & Pepper	To Taste		0.00	Pantry Item

- 1 Mix yogurt, lemon juice, green onion and olive oil together. Add salt and pepper.
- 2 Cut grapefruit into sections.
- 3 Meanwhile, heat oven to 300 degrees.
- 4 Toss walnuts with cayenne pepper and place into oven for 4 to 5 minutes.
- 5 Remove walnuts and let cool.
- 6 Toss spinach with dressing.
- 7 Toss with crabmeat.
- 8 Sprinkle lentils on top and add walnuts.
- 9 Place grapefruit pieces around edge.
- 10 Serve and enjoy.



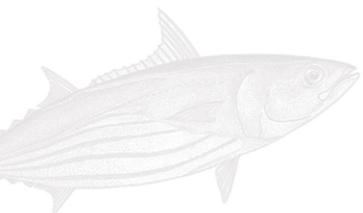
# Eating HEART HEALTHY



## Equipment List

### List of Equipment Needed Four Session Program

1. Refrigerator
2. Oven
3. Stove
4. Large frying pan
5. 1 large pot
6. 2 medium size pots
7. Baking sheet
8. Spatula
9. Tongs
10. Mixing spoon
11. Knives
12. Large serving utensils
13. Can opener
14. 2 large serving bowls
15. 2 large serving platters
16. 2 medium mixing bowls
17. Cutting board
18. Strainer
19. Measuring cups/ measuring spoons
20. Garbage/Recycling can



# Eating HEART HEALTHY



## Chef Talking Points

Below are sample talking points for live cooking demonstrations that can serve as a guide for each session.

### Welcome

Hi everyone, I'm thrilled to be here with you today!

As you heard, seafood is one of the healthiest proteins we can add to our diets.

[Raise your hand] How many of you currently make seafood dishes at home?

I'm going to show you how easy and affordable it is to make a couple of seafood meals a week. Remember the acronym **FISH** for the goal of the program. We want to help make seafood a **f**ast, **i**nexpensive, **s**ustainable, and **h**ealthy choice for you.

Today I'm going to show you [include recipe names]. These recipes have been designed to cost less than \$10 per dish for a family of four.

### Cooking Demonstration

[Run through cooking demo and take questions]

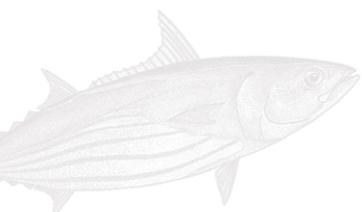
[Have participants sample the recipe]

### Wrap-Up

Tell me what you think of the dishes you sampled?

Would your family like this?

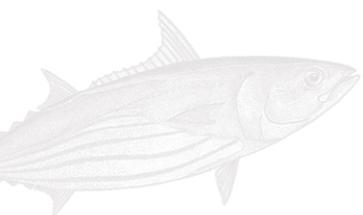
Thank you for joining us today. We hope you learned some inexpensive and convenient ways to incorporate seafood into your diet.



# *Eating* HEART HEALTHY



## *Additional Resources*



# Eating HEART HEALTHY



## FAQ for Health Partner

**How much fish can we eat per week?** The U.S. Dietary Guidelines for Americans recommend eating about 8 ounces per week of a variety of seafood for optimum health. 8 oz. is about two servings, so you should eat seafood twice a week. The recommendation for moms-to-be is to eat 8 to 12 oz. per week, and to avoid Shark, King Mackerel, Tilefish, and Swordfish. You can definitely eat more but you want be sure to do it as part of balanced diet with the right portion sizes. You can go to <http://www.choosemyplate.gov/> to learn about how many servings of different food groups are recommended.

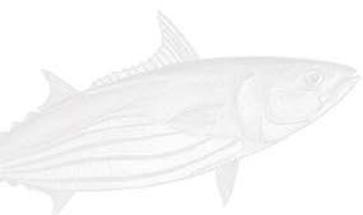
**What about toxins, like mercury?** The top 10 species of seafood Americans eat represent ninety percent of the seafood consumed in the US and are all low in mercury. The FDA advises pregnant, expecting, or nursing women to not consume four types of fish: Shark, Swordfish, Tilefish from the Gulf of Mexico and King Mackerel and to limit albacore tuna to 6 oz. a week. A study by the FDA shows that the upper safe amount of seafood you would have to eat to have negative effects from mercury is very high. For example, the study showed a pregnant woman would have to eat 1080 oz. of salmon a week before she had adverse effects on her baby's brain development (as measured in IQ at the age of 9). That is more than 270 servings of salmon a week, which would be more than 9 lbs. and over 10,000 calories a day of salmon. You would not want to eat that much seafood because you would simply be taking in too many calories and not eating enough of other important food groups necessary to a healthy balanced diet. Overall, there are minimal risks from mercury if you are eating seafood as part of a balanced diet and avoiding those specific species of fish when pregnant, expecting or nursing.

**What is the "best" fish to eat?** Eating a variety of seafood is best to make sure you are eating a balanced diet.

**Is eating seafood sustainable?** According to the UN FAO State of World Fisheries and Aquaculture Report, 71% are sustainable and improving. NOAA reports 92% of American stocks are not on the overfishing list and 84% are not overfished. We recommend you go to [FishWatch.gov](http://FishWatch.gov), which provides easy-to-understand facts about the science and management behind U.S. seafood and tips on how to make educated sustainable seafood choices.

The majority of US groceries and retailers have sustainability practices in place. Always buy seafood from a reputable market where the employees are able to answer your questions. They should be able to tell you what country the fish is from and when it came into the store.

**Do you recommend wild or farmed seafood?** There are good wild and farmed seafood options and generally, both offer the same nutritional benefit. [FishWatch.gov](http://FishWatch.gov) has good information and resources



# Eating HEART HEALTHY



for consumers on their website. Additionally, you can look for the symbol that the product is certified with, such as the Best Aquaculture Practices, Marine Stewardship Council, Aquaculture Stewardship Council, to know that the company followed best practices for environmental responsibility, social responsibility, food safety, animal health and welfare, and traceability. Also, different grocery chains may have their own measurement of sustainability, so be sure to learn about the practices for the stores where you shop.

**If seafood is high in Omega-3 fatty acids, does that mean it is high in fat?** There are good fats and there are bad fats. Seafood contains good fats and is a lean protein choice. For example, 3 oz. of tuna will have about 15 calories of fat. Plus, Omega-3 fatty acids, which have many health benefits including healthy brain development and a reduction of heart disease risk. It is the saturated fats and trans fats that you find many cakes, cookies, crackers, etc. that you should limit and avoid. You can go <http://www.choosemyplate.gov/> to learn more about the USDA recommendations for these types of fats.

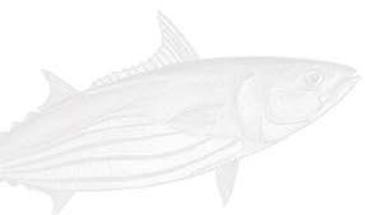
**Is it true a majority (80-90%) of our seafood comes from overseas? Who is monitoring the safety of this seafood?** Yes, a majority of seafood does come from overseas sources as seafood is a global food. The top 10 species of seafood that make up 90 percent of what Americans consume have fisheries management programs in place, including programs managed by NOAA for US-sourced seafood and the Marine Stewardship Council (MSC), International Seafood Sustainability Foundation (ISSF), Global Aquaculture Alliance – Best Aquaculture Practices (GAA-BAP), Aquaculture Stewardship Council (ASC), and Global Salmon Initiative (GSI) for internationally-sourced seafood.

Both domestic and imported seafood are regulated by the FDA's HACCP (Hazard Analysis and Critical Control Point) system. The Centers for Disease Control reports that only 0.14 of reported illnesses from food are attributable to imported seafood.

**Does fried fish count?** When choosing seafood, opt for healthier preparations for your first two servings of seafood a few reasons:

- Calories: Frying fish adds a significant amount of calories, so you would have to consider your diet as whole and make sure you are getting all the food groups needed within a healthy calorie range.
- Technique: Professionals and restaurants know the proper techniques and temperatures to fry fish, so you may want to consider not frying it yourself.

**Note to the Health Educator:** For any questions about specific types of fish, refer to *Reference Guide for Questions on Common Seafood Varieties* and give the reference points of calories, mercury, etc.



# Eating SEAFOOD HEART HEALTHY



## Reference Guide for Questions on Common Seafood Varieties

Common Seafood Varieties	Omega-3 Fatty Acids (EPA) and (DHA) Per 4 Ounces of Cooked Fish	OZ. Per Week to Reach Maximum Benefit for Pregnant Women*	OZ. Per Week to Reach Net Adverse Effects for Pregnant Women*	Calories Per 4 Oz.	Cholesterol Per 4 Oz. (%DV)	Sodium Per 4 Oz. (%DV)	Protein Per 4 Oz. (grams)
Catfish	100 – 250 mg	22 oz.	1385 oz.	173	23%	3%	22.67 g
Clams	200 – 300 mg	24 oz.	1024 oz.	147	36%	5%	22.67 g
Cod	200 mg	28 oz.	229 oz.	120	23%	4%	26.67 g
Crab	200 – 550 mg	13 oz.	374 oz.	133	43%	19%	26.67 g
Pollock	600 mg	9 oz.	636 oz.	120	36%	7%	26.67 g
Salmon	1,200 – 2,400 mg	4 oz.	1080 oz.	267	31%	3%	32.00 g
Shrimp	100 mg	14 oz.	2141 oz.	133	76%	13%	28.00 g
Tilapia	150 mg	53 oz.	1811 oz.	147	33%	1%	29.33 g
Light canned	150 – 300 mg	17 oz.	196 oz.	131	11%	2%	28.91g
Tuna	Albacore canned	5 oz.	67 oz.	145	16%	2%	26.77 g
	Fresh	1,700 mg	7 oz.	173	23%	3%	34.67 g



# Eating HEART HEALTHY



## Sources

### FDA:

- <http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm>
- <http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393070.htm>
- <http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm063367.htm>

### USDA:

- <http://ndb.nal.usda.gov/ndb/search>

## Notes

- The USDA recommends 8 oz. of seafood or two servings of seafood a week for optimum health.
- FDA recommends pregnant and nursing women eat up to 12 oz. of seafood a week.
- Daily Value for protein is 50 grams.
- %DV = Percent Daily Value. It represents how much (what percentage) a serving of the product contributes to reaching the recommended daily intake.
- EPA = Eicosapentaenoic acid.
- DHA = Docosahexaenoic acid.
- \* = as measured by IQ at the age of 9.



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*Eating* HEART HEALTHY

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Date

