WAYS TO CLOSE THE GAP

Swapping seafood for protein sources like red meat or poultry can make your recipes lower in fat and a healthier option. You can simply take your favorite dishes (pasta, salad, sandwiches, etc.) and add seafood as the protein at least twice a week.

Seafood is paired well with nearly any food group and can be a part of a balanced meal. By making appropriate and delicious pairings, it helps to encourage consumption of fruits, vegetables, and whole grains.

HERE IS AN EXAMPLE FOR YOU:

SEAFOOD WITH FRUIT
Skewer with Salmon + Pineapples

SEAFOOD WITH A FRUIT AND VEGETABLE
Skewer with Salmon + Pineapples + Green Peppers

SEAFOOD WITH A FRUIT, VEGETABLE, AND WHOLE GRAIN
Skewer with Salmon + Pineapples + Green Peppers + Brown Rice

HERE ARE ADDITIONAL PROTEIN-PACKED WAYS TO EAT ACCORDING TO THE DIETARY GUIDELINES:

BREAKFAST: 2 ounces smoked salmon, whole wheat bagel thin, 1 ounce reduced-fat cream cheese

LUNCH: 3 ounces shrimp served over 1 cup brown rice with a variety of vegetables

DINNER: 4-ounce salmon fillet with tomato sauce and 1 cup whole wheat pasta

SNACK: 1 pouch tuna, 6 whole grain crackers, cucumber slices


#Seafood2xWk
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