

FISH FACTS

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You've probably read about it in magazines or in the newspaper. You've probably heard about it on TV. Your dietitian and doctor have told you about it. What am I talking about? FISH! Fish contain omega-3 fatty acids that may have beneficial effects on a variety of health problems. These include heart disease, stroke, mild high blood pressure, bone loss, Crohn's disease, cancers of the breast, colon and prostate and rheumatoid arthritis. The American Heart Association recommends two servings of fish per week. But what if you aren't a fish person? Meaning, you don't know how to select a good piece of fish in the market, or how to prepare it so it's easy and fun to eat. To help you along, here are some tips to take the worry out of buying, preparing and eating fish.


Buying Fish


Whole Fish: Look for one with red or pink gills and bright, clear eyes that are slightly protruding. Gray, sagging gills and sunken, pink and cloudy eyes are signs that the fish is anything but fresh.


Filletts or Steaks: Check their aroma before you buy: They shouldn't smell "fishy". Fish should smell like the ocean, or a clean pond if it is from fresh water. This goes for the whole fish as well.

Fresh or Frozen? The choice is yours. But be aware that breaded or seasoned frozen fish has much more fat, calories and sodium than unbreaded or unseasoned fish or fresh fish.


Preparing Fish


 Baking rule-of-thumb: Measure fish at the thickest part and bake 10 minutes at 375° for every inch of thickness.


 To bake fish, lay it on a bed of thinly sliced or chopped vegetables such as onions, spinach, mushrooms, zucchini, tomatoes, or parsley. Top the fish with any seasonings that appeal to you. The fish won't stick to your baking dish and will taste delicious.

 Baking fish in milk (pour a small amount in the bottom of the baking dish) helps remove some of the fishy taste.

Eliminating Fish Odor

 Clean cutting boards and utensils with soap and hot water. You can also rub them with sliced lemon.

 To remove fish smell from your hands, pour some vinegar on your hands, rub them together and rinse well. Rubbing your hands with a lemon wedge or salt and water also works well.

 While the fish is cooking, simmer two tablespoons of vinegar in two cups of water, or try simmering cinnamon, cloves and orange slices.