

Eat more Salmon *and* Seafood for Heart Health

You may be surprised to discover one of the reasons why seafood is so good for your heart: **Salmon and other seafood are lean protein foods.**

Why get more lean protein?

Including more lean protein in your diet can help maintain a healthy weight. And a healthy weight contributes to lower risk of high blood pressure, stroke and heart disease. Including protein at every meal or snack helps keep you fuller longer and helps maintain healthy blood sugars. **A 4-ounce serving of canned pink salmon has 20 grams of protein.**

Aren't omega-3 fats also important?

Yes. The omega-3 fatty acids, vitamins and minerals found in seafood are also good for heart health. Among seafood, salmon has one of the highest levels of omega-3 (EPA and DHA content) per serving with 700-900 mg per 4-ounce serving.

Aren't salmon, tuna, trout and mackerel are considered 'fatty-fish'?

Yes, they are high in 'good' fats – including healthy omega-3s. But they are **still considered 'lean' protein sources when compared to other lean meats:**

- 4-ounces of canned pink salmon = 4 grams of total fat
- 4 ounces of skinless chicken thigh meat = 7 grams total fat
- 4 ounces of lean ground beef = 10 grams total fat

What about mercury? According to researchers¹, because seafood is such a rich source of the selenium that offsets mercury risk, **the real risk is not getting enough seafood.**

In general, **eating seafood twice a week can reduce the risk of dying from heart disease by about 36 percent.**² An estimated 50,000 people already avoid stroke or heart disease each year, just by eating seafood as recommended.³

That's right, including at least two seafood meals per week could help reduce your risk of heart disease.

Salmon is a great source of lean protein. **Including salmon throughout the week is a convenient way to include more seafood and get lean protein:**

- Breakfast: 2-ounces smoked salmon, whole wheat thin bagel, 1 ounce reduced-fat cream cheese = 22 grams PROTEIN
- Lunch: 3 ounces canned pink salmon served over 1 cup brown rice with a variety of vegetables and low-sodium soy sauce = 21 grams PROTEIN
- Dinner: 4-ounce salmon fillet with tomato sauce and 1 cup whole wheat pasta = 32 grams PROTEIN
- Snack: 1 pouch flavored pink salmon, 6 whole grain crackers, cucumber slices = 16 g PROTEIN



¹Nick Ralston and scientists at the University of North Dakota's Energy and Environmental Research Center <http://www.seafood-source.com/news/food-safety-health/q-a-nick-ralston-university-of-north-dakota>

²Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. JAMA. 2006;296:1885-99. And Fish: Friend or Foe? Fears of contaminants make many unnecessarily shy away from fish. <http://www.hsph.harvard.edu/nutritionsource/fish/> Accessed 1/8/2016

³5. FDA, Quantitative Assessment of the Net Effects on Fetal Neurodevelopment from Eating Commercial Fish (As Measured by IQ and also by Early Age Verbal Development in Children). Accessed 8/24/15: <http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm>.



Seafood and Your Heart *continued*

Mini Barbeque Salmon Pizzas

Ingredients:

- 1 (12 inch) ready-made thin, whole grain pizza crust
- 2 (2.5 ounce) Chicken of the Sea® Barbecue Salmon pouches, flaked
- 1 (3.5 ounce) container crumbled goat cheese
- 1/4 cup reduced-sodium barbecue sauce
- 1/4 red onion, thinly sliced
- 1 cup shredded low-fat mozzarella cheese
- 1/4 cup chopped fresh cilantro

Directions:

1. Preheat the oven to 450° F.
2. Using a 3-inch round cookie cutter (or a clean, empty can), cut the pizza crust into 8 pieces.
3. In a medium bowl, combine the salmon, goat cheese and barbecue sauce.
4. Spread each mini pizza crust with the salmon mixture.
5. Top with red onion slices and mozzarella cheese.
6. Bake for 8 to 10 minutes until the cheese melts.
7. Sprinkle with chopped cilantro and serve

TOTAL TIME:
15 MINUTES

SERVINGS:
8

NUTRITION:

Calories 130
Fat 8g
Protein 10g
Carbs 10g
Sodium 400mg
Sugar 4g



Recipe provided by Chicken of the Sea®

Mandarin Orange Salmon Over Rice

Ingredients:

- 2 (2.5 ounce) Chicken of the Sea® Sweet and Spicy Salmon pouches, flaked
- 1 (11 ounce) can mandarin oranges, drained
- 1 cup broccoli slaw
- 1/2 red bell pepper, seeded and finely diced
- 4 green onions, thinly sliced
- 1/2 cup chopped fresh cilantro
- 2 tablespoons slivered almonds
- 1/2 tablespoon reduced-sodium soy sauce
- 1 1/2 cups cooked brown rice
- 2 tablespoons sesame seeds

Directions:

1. In a medium bowl, combine the salmon, mandarins, broccoli slaw, bell pepper, onions, cilantro, almonds, and soy sauce.
2. Divide the mixture in half and spoon over two bowls of cooked rice (3/4 cup rice per bowl).
3. Sprinkle with sesame seeds and serve.

TOTAL TIME:
15 MINUTES

SERVINGS:
2

NUTRITION:

Calories 460
Fat 10g
Protein 21g
Carbs 76g
Sodium 570mg
Sugar 23g



Recipe provided by Chicken of the Sea®

