



Nutrition News

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HEALTHY FATS ARE IMPORTANT

Not all fats are created equal. Our bodies need some fat for good health. Choosing more unsaturated fats can help lower LDL “bad” cholesterol and provide important fats, including omega 3-fatty acids.

Healthy fats, like those found in fish, nuts, seeds, and olive oil are important for supporting heart and brain health. Choosing the right types of fat can also support brain function and provide nutrients our bodies need. While some fats should be limited, healthy fats are an important part of a balanced diet.

So why should we eat healthy fats?

- Support heart health
- Promote brain function and memory
- Help reduce inflammation
- Help our bodies absorb vitamins A, D, E, and K
- Help keep us feeling full and satisfied

Healthy fat sources include:

- Salmon, trout, and tuna
- Olive oil and avocado oil
- Avocados
- Walnuts, almonds, and pistachios
- Chia seeds and flaxseeds



Baked Flaked Fish

Equipment Needed: small and medium bowls, baking sheet, cutting board, fork, measuring cups, measuring spoons, sharp knife.

Serving Size: 4 ounces cooked fish

Total Servings Per Recipe: 4 servings

Ingredients:

- 1 pound fish fillets, such as tilapia or haddock
- 2 cups cornflakes cereal
- 2 tablespoons whole wheat flour
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 large egg
- 2 tablespoons nonfat milk
- Non-stick cooking spray

Prep time: 15 minutes • Cook time: 20 minutes



Directions:

1. Preheat oven to 375° F.
2. Cut fillets into 4 evenly sized pieces.
3. In a sealed plastic bag, crush cornflakes.
4. In a medium bowl, mix flour, salt, and black pepper.
5. In a separate medium bowl, combine eggs and milk and beat with a fork.
6. Dip each fish piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with cornflakes.
7. Place fish pieces evenly spaced on baking sheet coated with non-stick cooking spray. Spray top of fish pieces lightly with cooking spray.
8. Bake until fish flakes easily with a fork, about 15-20 minutes.

Tartar Sauce (optional)

- 1/4 cup light mayonnaise
- 1/4 cup plain nonfat yogurt
- 1 1/2 tablespoons sweet pickle relish
- 1/8 teaspoon ground black pepper
- 2 teaspoons lemon juice

In a bowl, add mayo and yogurt. Whisk with a fork until smooth. Add relish, black pepper, and lemon juice. Stir until combined. Serve with fish, if desired.

Nutrition Tip

Use these steps to replace unhealthy fats with healthy fats:

- For protein, choose lean cuts of meat or poultry. Or, choose non-meat proteins like fish, beans, lentils, peanut butter, nuts, seeds, and soy products like tofu.
- Cook meats by baking, roasting, grilling, or stir-frying. Avoid deep frying.
- Read labels. Choose foods with less saturated fat or no trans fat.
- Read the ingredients list. Avoid foods that list “partially hydrogenated” oils.