

Food For Thought

TIPS ON TASTE NUTRITION & HEALTH

Getting Hooked On Fish



Smoked salmon can be a delicious way to add fish to your favorite dish.

(NAPSA)—The waves of health reports coming in about seafood have convinced many people to make fish a regular part of their diets. Yet studies show at least 25 percent of Americans don't eat any seafood at all and most people who do eat fish eat very little. That's an unfortunate statistic, say doctors, because the benefits of seafood are far-reaching and have been well documented.

For example, a study found a group of adults who ate one serving of fish a day lost 22 percent more weight than a group of adults who ate no fish at all. Losing weight lowers a person's chance of heart attack, stroke and other conditions.

It's thought seafood helps curb people's appetites by sending "stop eating" signals to the brain, via a hormone called leptin. As of yet, scientists have been unable to simulate leptin's effect with supplements or injections.

So how can we get more seafood in our diet? Nutritionists suggest a number of ways, including:

- **Breakfast**—Smoked salmon on bagels or toast can be a delicious and nutritious way to start your day. Too many carbs in

bagels and bread? Try mixing the salmon with scrambled eggs or have it with some cantaloupe. The fish is high in heart-healthy antioxidants and polyunsaturated fats. Consumers can buy salmon that has been vacuum sealed from companies such as Salmulux. The manufacturer has the DuPont™ Sure Lock™ Seal on its packaging, meaning it is air-tight and its integrity is guaranteed.

- **Lunch**—The age-old favorite tuna fish sandwich is a great way to grab a serving of fish in the middle of the day. Try spicing up your tuna with some hot sauce, or adding a crunch with diced, fresh vegetables. Put the tuna on whole wheat bread and you've got a healthy serving of protein, antioxidants and grains, all in one sandwich.

- **Dinner**—Try grilling or broiling fresh fish with a dash of lemon and pepper. To keep the "fishy smell" from permeating your house, boil a stick of cinnamon while the fish is cooking. If you don't want to cook fish, try adding anchovies or sardines to your salad. The fish are convenient to keep in the house and they pack a nutritional punch.

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