

Steps To A Healthier You

How To Use MyPyramid To Improve Your Diet

By Samantha Lewandowski, MS,
RD, LD

(NAPSA)—The government's new MyPyramid food guide recommends Americans consume more lean proteins such as fish, as well as whole grains, low-fat dairy products and colorful fruits and vegetables. MyPyramid also recognizes the benefits of healthful monounsaturated and polyunsaturated fats. Seafood is one of the best sources of unsaturated fats called omega-3s, which, research indicates, are healthy for cardiovascular function, brain development and overall well-being.

In fact, the MyPyramid system specifically recommends seafood such as trout or salmon.

Here's an easy lunch idea: Make a sandwich with whole grain bread, lettuce, tomato and a three-ounce can of chunk light tuna in water. The tuna contains approximately 90 calories, one gram of fat, a whopping 18 grams of protein and a healthy serving of omega-3s.

For dinner, in addition to favorites such as shrimp and pollock, try baking mild tilapia or catfish or opt for the more full-flavored mackerel. Whatever the choice, the benefits of consuming seafood will be worthwhile.

Take a step toward a healthier you by following this recipe for a simple and tasty shrimp dish.

Mexican Margarita Shrimp

Makes 4 servings

- 1½ pounds large shrimp (26- to 30-count); peeled, deveined**
- ¾ cup each: lime juice, tequila and water**
- ¾ cup finely chopped onion**



Photo credit: Jon-Betts, Glows in the Dark, Inc.



Mexican Margarita Shrimp can be a big hit with those who want good health and great taste.

Tablespoon olive oil

Teaspoon salt

Cooked brown or white rice, and lime slice for garnish

Place shrimp in shallow glass dish. Combine lime juice, tequila, water, onion, salt and oil; add to shrimp and stir. Marinate for 10 minutes. Remove shrimp from marinade and thread onto skewers. Transfer marinade to a saucepan and bring to a boil. Reduce heat and simmer 5 minutes; set aside. Coat grill rack with cooking spray. Place kebabs on medium-hot grill rack. Grill about 3 minutes on each side, turning once, just until shrimp are opaque. Remove shrimp from skewers and arrange over rice; spoon some marinade over each serving. Garnish with lime slices.

For information about the food pyramid, visit www.MyPyramid.gov and for easy and delicious seafood recipes, visit www.AboutSeafood.com.