

# NUTRITION NEWS & NOTES

## Quick, Healthy Recipes

(NAPSA)—The kids are home for long hot summer days, and the question is, “what’s for lunch?” Instead of foods high in fat—like hot dogs, chips and soda—which contribute to the rising obesity rates among children, parents should offer youngsters healthier, low-fat items, said Sharon McNerney, a registered dietitian.

“It’s important for kids to eat healthy and stay active when TV and video games often lure children indoors,” said McNerney. “Nutrient-rich foods like fruits and vegetables and foods high in protein like meats and seafood are especially important.”

Don George, senior vice president of marketing for Chicken of the Sea International, said canned seafood is convenient, low in fat and a good source of protein. Tuna and salmon also contain essential nutrients like omega-3, shown to be effective against heart disease and asthma symptoms.

Chicken of the Sea’s newest products, 3-ounce tuna and salmon pouches and the Tuna Salad Kit Singles, are also good for a quick summer lunch. For family outings, consider Chicken of the Sea’s family size Tuna Salad Kit, which contains pre-measured ingredients to make fresh tuna salad for four.

For recipes, visit [www.chickenofthesea.com](http://www.chickenofthesea.com) and join the Mermaid Club for recipes and health information via e-mail. Try this recipe for **Key Lime Salmon Salad**.

- 2 small cantaloupes**
- $\frac{3}{4}$  cup mayonnaise**
- 2 tablespoons key lime juice**
- 1 tablespoon honey**



**Canned seafood can be a convenient way to add protein and nutrients to a child’s diet. Low in fat and rich in nutrients such as omega-3, tuna and salmon can help protect against heart disease.**

- 1 tablespoon fresh mint leaves, chopped**
- 1 teaspoonful fresh ginger, grated**
- 2 pouches (7.1 oz.) Chicken of the Sea skinless/boneless salmon**
- $\frac{3}{4}$  cup macadamia nuts, toasted**
- 4 Boston lettuce leaves**
- $\frac{1}{2}$  cup coconut, toasted**
- 4 sprigs fresh mint leaves**

Cut each cantaloupe in half, remove seeds, invert to drain. In medium size mixing bowl, whisk mayonnaise, key lime juice, honey, mint leaves and ginger. Add Chicken of the Sea salmon and macadamia nuts, toss to coat. Line each cantaloupe half with Boston lettuce leaf, spoon salmon mixture on top. Sprinkle with toasted coconut. Garnish with mint sprigs. Serves four.