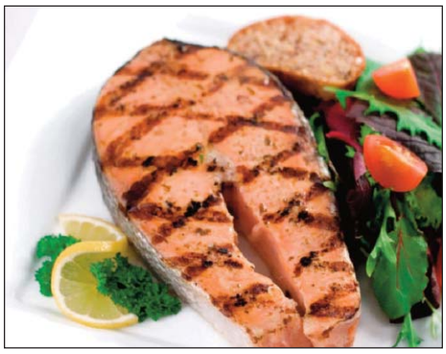
Nutrition News for Seniors

EAT WELL

Provided by the Nutrition Division of the Westchester County Department of Senior Programs and Services

Robert P. Astorino, Westchester County Executive

Mae Carpenter, Commissioner



Fish and Heart Health

Fish is a good source of protein and, unlike fatty meat products, it's not high in saturated fat. Fish is also a good source of omega-3 fatty acids. Omega-3 fatty acids benefit the heart of healthy people and those at high risk of — or who have —cardiovascular disease. Research has shown that omega-3 fatty acids decrease risk of arrhythmias (abnormal heartbeats), which can lead to sudden cardiac death. Omega-3 fatty acids also decrease triglyceride levels, slow the growth rate of atherosclerotic plaque and lower blood pressure (slightly).

The American Heart Association recommends eating fish (particularly fatty fish) at least two times (two servings) a week.

Each serving is 3 ½ oz. cooked, or about ¾ cup of flaked fish. Enjoy fish baked or grilled, not fried. Choose low-sodium, low-fat seasonings such as spices, herbs, lemon juice and other flavorings in cooking and at the table.

Fatty fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in two kinds of Omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which have demonstrated benefits at reducing heart disease.

Increasing omega-3 fatty acid consumption through foods is preferable. However, coronary artery disease patients may not be able to get enough omega-3 by diet alone. These people may want to talk to their doctor about taking a supplement. Supplements also could help people with high triglycerides, who need even larger doses.

Population	Recommendation
Patients without documented coronary heart disease (CHD)	Eat a variety of (preferably fatty) fish at least twice a week. Include oils and foods rich in alpha-linolenic acid (an essential omega-3 fatty acid found in seeds, nuts, and many common vegetable oils such as flaxseed, canola and soybean oils and walnuts).
Patients with documented CHD	Consume about 1 gram of EPA + DHA per day, preferably from fatty fish. EPA + DHA in capsule form could be considered in consultation with a physician.
Patients who need to lower triglycerides	2 to 4 grams of EPA + DHA per day provided as capsules under a physician's care.

Benefits vs. Risks of Eating Fish

Some types of fish may contain high levels of mercury, PCBs (polychlorinated biphenyls), dioxins and other environmental contaminants. Levels of these substances are generally highest in older, larger predatory fish and marine mammals.

The benefits and risks of eating fish vary depending on a person's stage of life.

- For middle-aged and older men and postmenopausal women, the benefits of eating fish far outweigh the potential risks when the amount of fish are eaten is within the recommendations established by the FDA and Environmental Protection Agency.
- Eating a variety of fish will help minimize any potentially adverse effects due to environmental pollutants.

Potential exposure to some contaminants can be reduced by removing the skin and surface fat from these fish before cooking. Consumers should also check with local and state authorities about types of fish and watersheds that may be contaminated and visit the FDA website for the most up-to-date information on recommendations for specific subgroups of the U.S. population (e.g., children, pregnant women).

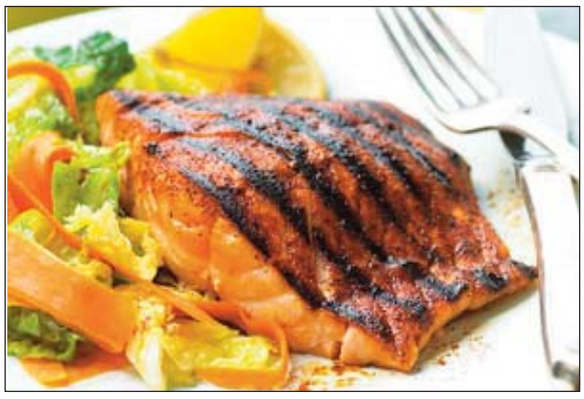
Bottom Line: Chose fish or shellfish that are low in mercury such as shrimp, canned light tuna, salmon, pollock, and catfish.
Avoid eating shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury.

Source: Adapted from www.americanheart association. org. "Fish 101" Updated January 23,2015

In the Kitchen: Cumin-Rubbed Salmon

American Heart Association.

Ingredients



- cooking spray
- 4 salmon fillets (about 4oz each), rinsed,patted dry
- 1/4 tsp. ground cumin
- 1/4 tsp. chili powder
- 1/4 tsp. salt
- 1/8 tsp. paprika

Directions:

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
2. Arrange the fish with the smooth side up in a single layer on the baking sheet.
3. In a small bowl, stir together the remaining ingredients. Sprinkle over the top of the fish.

Bake for 18 to 20 minutes or until the fish is the desired doneness.

Nutrition Facts per serving:

149 Calories , Total Fat 5g, Saturated Fat 1g, Cholesterol 53mg, Sodium 235 mg, Protein 24g

Source: www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Cumin-RubbedSalmon

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