

# Omega 3 Fats

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## Which seafood has the most omega 3 fats?

### Excellent (contain more than 1.0 gram in a 3 ½ ounce serving)

- Bluefish, atlantic
- Herring
- Mackerel
- Salmon, atlantic
- Salmon, chinook
- Salmon, pink, canned
- Salmon, sockeye, canned
- Sardines, pacific, canned in tomato sauce
- Trout (excluding rainbow)
- Tuna, bluefin
- Whitefish

### Good (contain between 0.4 and 0.9 gram in a 3½ ounce serving)

- Carp
- Catfish
- Crab
- Halibut
- Lobster
- Mullet
- Pollock
- Rainbow trout
- Shrimp
- Striped bass
- Sturgeon
- Tuna, white, canned in water

### Fair (contain less than 0.3 gram in a 3½ ounce serving)

- Clams
- Cod
- Flounder
- Grouper
- Haddock
- Perch
- Plaice
- Red snapper
- Sole
- Swordfish
- Tuna, yellowfin and light

Source: USDA Nutrient Database for Standard Reference, Release 14 (July 2001)

**Note:** Remember to buy water packed seafood otherwise you will lose much of the omega 3 fats when you drain the oil.

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## Individual Omega Plus *liquid* egg Frittatas

6 eggs (1 ½ cups)	Omega Plus liquid eggs
½ cup	milk
¼ tsp	pepper
½ cup	shredded light cheddar cheese
¼ cup	finely diced green onions
2 tbsp	finely diced red peppers
2 tbsp	chopped fresh parsley (optional)
2	plum tomatoes, seeded and chopped

Preheat oven to 350°F. Spray muffin tin with cooking oil or lightly grease.

In a bowl, whisk eggs with milk, salt and pepper. Stir in cheese, onions, peppers, tomatoes and parsley.

Pour equal amounts of egg mixture in 9 muffin cups. Place in centre of preheated oven and bake for 17 to 20 minutes, or until set in the centre.

Cool in pan set on a rack for 10 minutes.

Using a blunt knife, loosen frittatas all around and lift out. Cool to room temperature before wrapping individually in plastic wrap.

Store in refrigerator for up to 3 days. Reheat, if you like, on medium, in microwave for 1 minute before eating.

Makes 9 servings.

Nutrients per frittata:                      75 calories, 4 g fat, 3 g carbohydrate,  
7 g protein, 125 mg cholesterol

Can be made at least 8 hours ahead.

Adapted from: Homemakers, February/March 2002

## Poached Salmon

2 salmon fillets (4 oz each), boneless, skinless  
1 medium onion, sliced  
1 large carrot, sliced  
1 lemon, sliced  
a pot of water

Add onion, carrot and lemon slices to a pot of boiling water. Reduce heat and simmer for 5 minutes. Drop in fillets one at a time. Each fillet will cook in 6 to 8 minutes. Remove from water. Serve with brown basmati rice, steamed vegetables and a green salad.

Makes 2 servings.

Nutrients per fish serving: 244 calories, 5 g fat, 98 mg cholesterol,  
0 g carbohydrate, 31 g protein

Adapted from Heritage Salmon recipe

## Apple Tuna Sandwich

1 can (6.5 oz) tuna in water, drained  
1 small apple, halved (remove seeds) and chopped  
¼ cup low fat vanilla (or plain) yogurt  
1 tsp honey  
1 tsp prepared mustard  
4 slices of whole wheat bread  
2 slices of iceberg lettuce

Combine tuna, apple, yogurt, honey and mustard in a bowl. Evenly divide the mixture onto 2 slices of bread, top with lettuce leaf and second piece of bread. Cut and serve.

Makes 2 servings.

Nutrients per serving: 320 calories, 4 g fat, 30 mg cholesterol,  
41 g carbohydrate, 30 g protein

## Grilled Fish with Mediterranean Chopped Salad

1 Tbsp lime juice	Mediterranean Chopped Salad:
1 Tbsp extra virgin olive oil	1 medium tomato, seeded and diced
2 cloves garlic, minced	½ cup diced cucumber
½ tsp ground cumin	2 Tbsp chopped scallions
¼ tsp dried oregano	2 Tbsp minced jalapeno pepper (1 med)
1/8 tsp crushed red pepper	2 Tbsp chopped fresh cilantro or parsley
Freshly ground pepper to taste	2 tsp lime juice
4 pieces of halibut fillet or salmon fillet (4 oz each)	2 tsp extra virgin olive oil
	Freshly ground pepper to taste

Whisk lime juice, oil, garlic, cumin, oregano, crushed red pepper, and pepper in a shallow glass dish. Add fish and turn to coat. Cover and marinate in the refrigerator for 20 to 30 minutes.

Meanwhile, prepare Mediterranean Chopped Salad: Combine all salad ingredients in a medium bowl; toss to coat.

Heat grill to medium-high. Lightly oil grill. Place fish on grill. Close grill cover and cook until fish is opaque in the centre, 3 to 5 minutes per side.

Serve immediately, topped with Mediterranean Chopped Salad.

Makes 4 servings.

Nutrients per serving: 245 calories, 8 g fat, 50 mg cholesterol  
3 g carbohydrate, 31 g protein

Adapted from Tufts University Health & Nutrition Letter (June 2002)

### Metric and Imperial Sizes

250 ml = 1 cup    15 ml = 1 tablespoon    5 ml = 1 teaspoon    25 g = 1 ounce