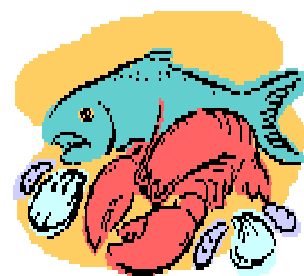


Mission Meltaway Weekly Newsletter (April 17, 2009/Week 7)



Saving Seafood

Did you know...?

- **Seafood may** actually treat some illnesses and prevent certain diseases. Some fish contain the **omega-3 oils** which help stop certain diseases, and help in the aid of curing some illnesses. Most all seafood is high in protein and low in fat.

Stay Healthy,
Eat more
Fish and Seafood

There are a lot of very good reasons to eat fish and seafood. Fish is a source of high quality protein, and is low in fat and cholesterol.

- Seafood has been linked in helping the prevention of Alzheimer's disease, and to aid in the prevention of breast cancer.
→Scallops and mussels add zinc and iron to your body.
- Recent studies show that eating seafood can decrease your risk of heart attack, stroke, obesity, and hypertension.

Easy Salmon Salad - perfect for warm spring and summer days!

After making this salad for lunch, we find that we prefer it to tuna fish. Look for salmon with bones, canned in water because it contains more calcium. Better still, look for one without added salt. One serving of this salad contains 250 mg calcium and almost 2 g omega-3s.

7-oz. can pink salmon with bones, no salt
1/2 cup diced cucumber
3 Tbsp low-fat or nonfat mayonnaise
1/4 cup sliced green onion
2 cups dark green lettuce
2 tomatoes, cut in wedges

Toss salmon, cucumber, mayonnaise and green onion together in a large mixing bowl. Refrigerate until ready to serve, up to 6 hours. Make a bed of lettuce and serve the salmon salad in the middle, garnished with tomatoes.

Each serving contains 1.8 g omega-3s. **Servings:** Serves 2. 1 cup per serving.

Total Preparation & Cooking Time: 5 min. (5 Prep, 0 Cook)

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Nutrition Information	
Calories	248
Total Fat	15g
Saturated Fat	3.2g
Trans Fat	0g
Cholesterol	30mg
Sodium	212mg
Carbohydrates	11g
Dietary Fiber	3g
Sugars	4.4g
Protein	28g
Vitamin A	5387.4iu (107%)
Vitamin C	29.1mg (48%)
Calcium	254mg (25%)
Iron	2.1mg (11%)