



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

www.eatrightmontana.org

July 2010

Dear Colleagues,

Welcome to the issue seven of Eat Right Montana's 2010 campaign: *Treasure Your Family's Health: Back-to-Basics with Food & Fitness.*

In honor of summer - what a beautiful time to live in Montana - we are focusing on cooking outdoors, specifically grilling, and various aspects of eating, preparing, and (hopefully) catching fish.

Since there is so much about fish and fishing that we could not cover in these few pages, we are suggesting another resource with more about sustainability, possible contaminants, and other environmental issues. For these topics, visit Seafood Watch at the Monterey Bay Aquarium (www.montereybayaquarium.org/cr/seafoodwatch.aspx).

Media Release:

Hot Summer Cooking Tips from a Grilling Guru

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July Recipe:

Grilled Citrus Salmon

Cooking Basics:

Delicious Ways to Prepare Fish Quickly and Healthfully

Fitness Basics:

Smart Ways to Keep the Fun in Fishing

We welcome any comments and suggestions. Wherever possible, we want to incorporate your ideas and put them into our packets. Just send your thoughts to me at EatRightMT2000@gmail.com - and remember, past issues of **Healthy Families** and other ERM materials are available on the ERM web site at www.eatrightmontana.org/.

Dayle Hayes, MS, RD

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Treasure Your Family's Health: Back-to-Basics 2010



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MT Department of Public Health & Human Services

July 2010

Hot Summer Cooking Tips from a Grilling Guru

Ah July in Montana! Warm days, cool nights, fishing trips, and farmers' markets - all the best parts of a Big Sky summer come together in one delicious place - the grill. Whether your family grills on charcoal or gas, in your backyard or at a campground, summertime grilling is a wonderful way to add smoky flavors to an entire meal. The great news is that grilling is not just for slabs of meat; it's perfectly suited for veggies too.

"Our family grills almost every kind of food and almost all year-round," says Dr. Ginny Mermel, a Certified Nutrition Specialist (CNS) and Chair of the School Health Advisory Council for Billings Public Schools. "In the summer, some of our favorite grilled meals are fish, such as salmon or trout, on cedar planks, a whole turkey with grilled corn-on-the-cob, and an Italian grilled dinner called a frita mizta or mixed grill."

According to Mermel, all these feasts translate easily to any grilling situation. Here are three of her favorites.

- **Grilled fish on cedar planks:** Soak planks in water for 20 minutes to 4 hours before grilling. Put wet plank on grill with fish (or other items) on top if it. Turn heat down to medium or let charcoal burn down a bit. Put cover on grill and cook fish for about 20 minutes on a plank; no need to turn during cooking.
- **Whole grilled turkey:** Cut the backbone out of a small hen turkey (10-12 pounds) and flatten. Marinate in lime juice and chile or your favorite marinade overnight. Grill, skin side up, over medium heat for 60-90 minutes and serve with grilled vegetables, jalapeno corn bread, and a tossed green salad.
- **Grilled Italian Tomatoes:** Wash well-ripened Italian tomatoes; cut in half and squeeze gently to remove most of the seeds. Place cut side up on double layer foil shaped into a pan. Top cut surface of each tomato with a tablespoon of fresh pesto and grill until the tomato skins begin to char. Remove from grill, put in large bowl, and mash with a fork. Add cooked linguini, toss, and top with grated cheese to taste.

As a nutrition professional and a gourmet cook, Mermel is always looking for deliciously simple ways to prepare fresh, healthful foods for her family and guests. "Grilling really makes healthy cooking easy. With minimal fat and salt, you can cook very flavorful food quickly," she says. "For example, toss a few herbs from your garden or farmers' market onto the coals during the last five minutes of grilling. Aromatic herbs, thyme or rosemary, for example, create a wonderfully smoky flavor for chicken or lamb." Some inexpensive pieces of equipment can also make a big difference. Mermel recommends the following three items:

- **An instant-read thermometer** (about \$10) makes it easy to cook meat enough, but not too much.
- **A long-handled silicon basting brush** (\$5 to \$6) can be rinsed well and does not leave bristles on food.
- **A set of cedar grilling planks** (around \$15) can be cleaned and reused multiple times.

"Garden fresh vegetables are some of the best items to cook on a grill," explains Ginny Mermel. "Toss sliced summer squash, peppers, or onions with a little olive oil, sprinkle with some sea salt, and grill quickly."

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at

www.eatrightmontana.org/eatrighthealthyfamilies.htm

5 Smart Reasons to Enjoy Nutrient-Rich Fish and Shellfish

Virtually every set of nutrition guidelines - from the American Heart Association to USDA, recommends eating more fish. The reasons to enjoy fish and shellfish go far beyond refined fish oil supplements. It is almost always better to get your nutrition from nutrient-rich whole fish, from arctic char to whitefish.

1. Omega-3 Fatty acids

These “good” fats support health in many ways, including helping to reduce the risk of heart disease, lower blood pressure, prevent arthritis, and promote brain function. Omega-3s are found in every kind of fish, but are especially high in fatty fish. Good choices include trout, salmon, tuna (canned light), sardines, oysters, crab, and cod.

2. Protein

Ounce-for-ounce most varieties of fish have comparable protein content to lean red meats (beef and pork) and poultry, but more protein than beans or tofu. In a 3-ounce cooked portion, most types have between 20 and 25 grams of high-quality protein. Those with a protein content on the higher end include salmon and tuna.

3. Vitamin D

This fat-soluble vitamin has hit the news big time, because it seems to affect almost every cell in our bodies, not just our bones. While fortified dairy foods, sun exposure, and supplements are the major sources of vitamin D, it is also found in fatty fish. Good sources include salmon, tuna, sardines, and mackerel.

4. Other vitamins

D is just one of many vital vitamins found in fish and shellfish. Several types of fish are an excellent source of vitamin A, including salmon and tuna (which has 43 percent of the recommended amount of A in one serving). Other vitamins found in fish include E and several B-vitamins. Fish and shellfish are generally not good sources of vitamin C.

5. Many minerals

Many fish are good sources of iodine, selenium, phosphorus, and magnesium. Calcium is also found in most fish, but generally at the level of 100 milligrams or less per 3-oz. serving. The exception is canned fish, where the small bones are eaten as part of the flesh. Canned sardines and salmon have 250+ milligrams per serving.



Grilled Citrus Salmon

Ingredients:

- 2 salmon steaks or fillets
- 1 tablespoon olive oil
- 2 cloves minced garlic
- 1/2 cup orange juice concentrate
- Juice of 1/2 lemon
- Juice of 1/2 lime

Instructions:

- 1) Sauté garlic in olive oil.
- 2) Add orange juice concentrate, lemon and lime juice, and stir until heated.
- 3) Marinate fish in sauce for 1 hour.
- 4) Grill or broil, basting with sauce. Discard marinade after basting.
- 5) Cook on grill, approximately 6 to 12 minutes per side depending on thickness of fish.

YIELD: 2 servings

Variations:

Use this basic marinade with other fish such as tilapia, cod, halibut or trout. Cooking time will depend on thickness of fillets.

Serving Suggestions:

This recipe goes well with brown rice - and vegetables from farmer's market or a garden fresh salad.

Nutrition Analysis

Serving Size: 6-oz. fillet	Total Carb: 29.7 g
Calories: 337	Dietary Fiber: < 0 g
Total Fat: 16 g	Sodium: 53 mg
Calories from Fat: 43 %	Protein: 18.8 g
Saturated Fat: 2.8 g	Calcium: 40 mg
Trans Fat: 0.0 g	Iron: 0.65 mg

Source:

Cooking Backyard to Back Country: 12 Techniques and 150 Recipes for Fabulous Outdoor Cooking,

by John Rittel and Lori Rittel, MS, RD
Published by Riverbend Publishing,
Helena, Montana

www.riverbendpublishing.com/

5 Delicious Ways to Prepare Fish Quickly and Healthfully

The first key to preparing fish well is buy fresh fish at the store. Fish should smell sweet; strong, fishy odors mean that it is old. Fresh fish will be bright looking and firm to the touch; reject fish that has brown spots, discoloration, or a slimy surface. Fish is done when the color turns from translucent to opaque (white) or has reached 140 degrees F to 145 degrees F internal temperature. Do not overcook.

1. Grill it!

The best grilling fish are sturdy and fattier, such as grouper, salmon, tuna, swordfish, and trout. Use a very clean, lightly oiled grill or a cedar plank (presoaked in water). For delicate fish, use a grill basket or two layers of foil. Remove fish from the basket or foil as quickly as possible so it doesn't stick. Most fish will cook in 4 to 6 minutes per side.

2. Bake it!

Heat oven to 450 degrees F. Spray a baking sheet or shallow dish with nonstick cooking spray. Place fish in a single layer; season as desired. Bake 10 minutes per inch, uncovered or until fish is done. Fish also bakes in parchment paper (folded over and sealed with a few cherry tomatoes, fresh herbs, a little wine, and green onions) for about 20 minutes.

3. Sauté it!

Three tips can sauté fish perfectly every time: (1) Use just a bit of olive oil; (2) make certain the pan is thoroughly preheated; and (3) do not overcrowd the fish. Sauté thin fillets over medium high heat for 2-3 minutes; then turn, cook 1 to 2 minutes more. Remove pan from heat and let the residual heat cook the fish. Sauté thicker fish 4 to 6 minutes per side.

4. Poach it!

Poaching is a cooking method that involves hot liquid, this case milk. Put a firm fish fillet, such as haddock, cod, or salmon, in a small baking dish and cover with non-fat milk. Sprinkle the top with some seasoned bread crumbs and grated Parmesan cheese. Bake fish at 400 degrees F for about 20 minutes, depending on the thickness of the fillet.

5. Microwave it!

Spray a microwave-safe dish with nonstick cooking spray. Cut fish in half and arrange in dish so thick center portions are to outside; place fish in a single layer and do not crowd. Microwave on high 5 to 10 minutes, depending on amount and thickness. Make sure to rotate the fish halfway through the cooking time so the fish cooks evenly.



5 Smart Ways to Keep the Fun in Fishing

A day of fishing can provide hours of family fun and plenty of physical activity too. To make the most of your fishing hours (and perhaps to make a few more catches too), pay attention to nutrition and safety before you start and once you're on the water. The Scout motto of "*Be Prepared*" is always a good one to keep in mind.

1. Eat breakfast.

Even when you are eager to start casting, a balanced breakfast is worth the time it takes. For maximum mental focus, enjoy a morning meal with a mix of carbohydrate and protein. A hearty bowl of oatmeal with raisins and nuts will stick with you for several hours. A breakfast sandwich, wrap, or burrito with eggs and some lean meat will also do the trick.

2. Carry smart snacks.

If you're walking a stream or hiking to a mountain lake, you'll need snacks that are big on nutrients and energy, but easy to carry. Cheese, nuts, and jerky as well as fresh and dried fruit are great choices. If you're packing a cooler for a drift boat or canoe, pack it with cut-up veggies, fresh fruit, and sandwiches on whole grain breads, along with a few chips or sweets.

3. Hydrate, hydrate, hydrate.

Even a little dehydration can spoil an otherwise wonderful day of fishing. Avoid headaches and crankiness by drinking plenty of refreshing fluids. Frozen water bottles are the perfect choice for hot days, since they keep food safe and then provide an ice cold beverage. Save any alcoholic beverages for the end of the trip; they dehydrate when you need fluids most.

4. Practice sun protection.

Hot summer sun and the glare from the water can be very hard on skin and eyes, even on seemingly cloudy days. Keep covered with a hat or visor and a light, long-sleeved shirt and pants. Apply sunscreen before you dress (to cover hard to reach areas) and every 2 to 3 hours throughout the day. A good pair of sunglasses is also essential.

5. Be water safe.

Since bad weather or an accident can happen anytime, always practice water safety. Make sure that everyone has a properly-fitted life vest and that they wear it at all times. Choose snug fitting water shoes; bare feet get banged up easily and make it difficult to get around on slippery rocks. Be aware of lightning; get off the water and get fishing poles on the ground.