

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . . .*

## Include Fish in Your Diet

- Choose fish for lunch or dinner meals. Look for fish rich in healthy fat (omega-3 fatty acids), such as salmon, trout, and herring.\*
- Bake, broil or grill fish instead of frying.



**\*NOTE - Women who may become pregnant, pregnant women, nursing mothers, and young children should avoid some types of fish and eat types low in mercury. They should follow these recommendations:**

- Eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury.
  - Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
  - Albacore ("white") tuna has more mercury than canned light tuna. You may eat up to 6 ounces of albacore tuna per week.
- Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advice is available, eat up to 6 ounces per week of fish you catch from local waters, but don't consume any other fish during that week.

### Salmon Loaf Serves 6

1 can (15 oz.) salmon	1 Tbsp. dried parsley flakes
2 cups soft bread crumbs	1 Tbsp. lemon juice
2 Tbsp. finely minced onions	1/2 cup finely chopped celery
1/4 cup milk	2 Tbsp. margarine, softened or melted
2 eggs, beaten	Dash of pepper



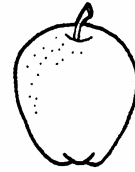
1. Preheat oven to 350°F.
2. Drain salmon reserving 2 tablespoons of liquid.
3. Combine salmon with reserved liquid and the remaining ingredients.
4. Place mixture into a well-greased loaf pan or shape into a loaf in a greased baking pan.
5. Bake for 45 minutes or until loaf is cooked in the center.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 11 g ~ calories from fat 100 ~ sodium 470 mg ~ total carbohydrate 9 g ~ fiber 1 g

## **Baked Apples** Serves 4

4 tart/baking apples  
1/4 cup brown sugar, packed  
1/4 cup raisins

4 tsp. margarine  
2 tsp. ground cinnamon  
1/4 cup apple or orange juice



1. Preheat oven to 350°F.
2. Scoop out the core of the apples being careful not to cut all the way through.
3. Stuff **each** apple with 1 tablespoon of brown sugar, 1 tablespoon of raisins, and 1 tsp. of margarine.
4. Place stuffed apples in a baking dish.
5. Pour juice over apples then sprinkle with cinnamon.
6. Bake for 15 minutes or until apples are tender when pierced with a fork.

### **Microwave Cooking Directions**

4. Place stuffed apples in microwave safe dish.
5. Pour juice over apples then sprinkle with cinnamon.
6. Microwave for about 8-10 minutes or until apples are tender when pierced with a fork.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 4.5 g ~ calories from fat 40 ~ sodium 60 mg ~ total carbohydrate 40 g ~ fiber 5 g

# Fruit Desserts



- Desserts can be sweet and nutritious.
- Fruit desserts are naturally sweet and good for you.
- Most fruits are good sources of fiber. One medium apple with skin has 3 grams of fiber.

**Tip of the Month:** *“Be on the road to food safety.”* Foods you take with you while traveling need to be packed safely. Remember to keep your cold foods cold and your hot foods hot! For more information contact your local extension office or go to USDA Food Safety and Inspection at:

[http://www.fsis.usda.gov/Fact\\_Sheets/Handling\\_Food\\_Safely\\_on\\_the\\_Road/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Handling_Food_Safely_on_the_Road/index.asp)



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FAMILY NUTRITION PROGRAM  
EXPANDED FOOD AND NUTRITION  
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\* Local Extension Councils Cooperating

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