



SUMMER 2019

# Healthy Lifestyles Newsletter

## *Fish: How & Why to Choose This Healthy Protein*

Seafood is an important part of a healthy diet. All too often it is overlooked as a healthy protein source. Fish is packed with healthy nutrients our bodies can benefit from. Fish is easy to cook and is a great addition to a balanced diet. Both fish and shellfish, tend to be low in saturated fat and total calories.

### **Health Benefits of Fish:**

Fish is rich in omega-3 fats, essential for normal growth and development. Omega-3 fats may help to lower the amount of bad fat in our blood and lower our blood pressure too. Fish may also reduce inflammation and the risk of stroke. It has even been studied for possibly lowering the risk of depression and declining mental health. Seafood is also a great source of vitamin D, B12, iron, and zinc. The Dietary Guidelines for Americans recommends we eat 2-3 servings of seafood each week for proven heart and brain health benefits.

### **Choosing Fish:**

When seeking out fish to buy, you want to ensure that it is fresh and has been properly preserved. Below are guidelines for purchasing seafood:

- Fresh fish should be displayed in a case on a thick bed of ice that is not melting.
- Check the smell – Fish should smell fresh and mild. If it smells fishy, sour, or like ammonia, you should avoid purchasing it.



- Fish filets and whole fish should have firm, shiny flesh that springs back when pressed. The gills should be bright red and free of slime.
- Fish fillets should have no discoloration or darkening or drying around the edges.
- Fillets should not appear dry or mushy.
- Fish eyes should be clear with the exception of a few types that have natural cloudy eyes (check with your local fish store).
- Packaging on frozen seafood should not be damaged in any way.
- Frozen seafood should not have any signs of frost or ice crystals.
- Fresh, frozen or canned fish can be healthy choices and budget friendly too.

# WHAT TYPE OF FISH / SEAFOOD TO BUY

Some types of fish may have a higher content on mercury; however, the guide below will make it simple for you to know which fish you can include in your diet and how often.

## BEST CHOICES (allow 2-3 servings/week)

Anchovies \*, Atlantic Mackerel\*, Catfish, Clams, Cod, Crab, Herring\*, Flounder, Haddock, Hake, Oysters, Pollock, Shrimp, Salmon\*, Sardines\*, Sole, Tilapia, Tuna (canned light), Weakfish

## Locally available inexpensive seafood options:

Dogfish, Porgies (Scup) and Sea Robin

## GOOD CHOICES (allow 1 serving/week)

Bluefish\*, Grouper, Halibut, Snapper, Spanish Mackerel\*, Striped Bass\*, Tilefish \*, Tuna

*\*Fattier fish tend to be the best sources of omega 3 fats*



## Recipe Corner

### Fish Tacos

Makes: 4 servings (2 tacos each)

#### Ingredients:

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 cup shredded cabbage
- 1 pound white fish, any type
- 8 small corn tortillas
- 1 teaspoon chili powder (more or less to taste)

#### Directions:

1. Mix onion, cilantro, and cabbage together in a bowl and set aside.
2. Coat a baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and lay out on sheet.
3. Place in the oven about 6 inches from the broiler. Broil for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it pulls apart easily when separated with a fork.
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for a few seconds until softened and hot.
5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.



#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>2 tacos (166g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	17%
<b>Sodium</b> 75mg	3%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 25g	
Vitamin D 3mcg	15%
Calcium 29mg	2%
Iron 1mg	6%
Potassium 397mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Fish Chowder

Makes: 8-10 Servings



## Ingredients

- 2 tablespoons olive oil
- 2 cups onion (chopped)
- 1 cup mushrooms (sliced)
- 2 stalks celery (diced)
- 3/4c carrots (diced)
- 4 cups low-sodium chicken broth
- 4 cups potatoes (diced)
- 1.5 pounds white fish (frozen or fresh; diced into cubes; such as Scup, Tilapia, Cod, etc.)
- 1/8 teaspoon seafood seasoning (such as Old Bay)
- 1/8 tsp pepper
- 6 ounces clam juice
- 1/2 cup all-purpose flour
- 24 ounces evaporated milk
- Salt (optional –to taste)

## Directions

1. In a large stockpot, heat olive oil on medium heat. Add onions, mushrooms, carrots and celery and sauté until tender.
2. Add chicken broth and potatoes; simmer for another 10 minutes.
3. Add fish. Simmer another 10 minutes.
4. Add seafood seasoning, and pepper.
5. Mix clam juice and flour in bowl until smooth. Stir into soup.
6. Remove from heat and stir in evaporated milk. Serve and enjoy.

Note: leftovers can always be frozen.

Total Cost: \$13.85

Serving Cost: \$1.39

\*Cost calculated using frozen tilapia

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>(371g)</b>
Amount per serving	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 2mcg	10%
Calcium 262mg	20%
Iron 2mg	10%
Potassium 609mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## 10 Tips to Stay Hydrated During Summer Months

Staying hydrated during the hot summer months is very important. Drinking an adequate amount of fluid helps to fuel your muscles, carry nutrients to cells, flush toxins, cushion joints, and protect your organs. Aim for 8 cups of unsweetened beverages per day. If you are working or exercising outdoors, you are likely sweating more and may need to be extra careful to stay hydrated. Here are some suggestions:

1. Carry a water bottle with you and take frequent sips throughout your day
2. Set reminders on your phone to drink throughout the day
3. Choose hydrating foods such as watermelon, celery, lettuce, strawberries, cucumbers, oranges, and apples
4. Don't wait until you're thirsty to drink something
5. Make a large batch of your favorite unsweetened, decaffeinated iced tea to keep on hand
6. Go for the bubbles and choose flavored seltzers
7. Add a squeeze of fresh citrus fruits to your beverage
8. Infuse your water with fruits, veggies, and/or herbs for a refreshing treat and to help you take in more water
9. Limit alcohol and caffeine as these can lead to dehydration



# In the Spotlight

A 4 week series of nutrition classes were held at the Bridgehampton School for K, 2nd & 3rd grade students as part of a National Nutrition Month celebration. Students learned about different Go-Slow & Whoa Foods and the month culminated with a K-5th School Health Fair. Our ESNY nutritionist set up an interactive, educational table with healthy snacks and fruits & vegetables.

Students from each grade were divided into three groups. One group got to test their knowledge with the healthy snacks prize wheel, the second group was at the table assembling healthy snacks within MyPlate, the third group played MyPlate beach ball food group game and exercised as they got their turn. "It was great to see how the children were identifying the different food groups and how they suggested different ways of adding fruits and vegetables in their meals and snacks." (3rd grade teacher).

Healthy recipes and 10 tips handouts and food tasting were also a fun way to reinforce learning to make good food choices.



Visit our website for more information about our free programs: [www.eatsmartnyli.com](http://www.eatsmartnyli.com)



**Cornell Cooperative Extension**  
Suffolk and Nassau Counties



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# 2019 Suffolk County FMNP Farmers' Markets



EBT (SNAP Benefits where noted) • All markets accept FCC (Fresh Connect coupons)

## **Babylon Village Farmers' Market (EBT)**

LIRR Babylon Sta. parking lot, 51 South Railroad Ave.  
Sunday 8am - 1pm • June 2 - Nov 24

## **BAYSHORE**

### **FREEdom Mobile Market - Southside Hospital**

301 E. Main St., Bay Shore  
Friday 1:00pm - 2:30pm • June 28-Sept 28

## **BRENTWOOD**

### **Red Fox Farm - Farm Stand**

1725 Brentwood Rd.  
Tuesday/Saturday 11am - 4pm • June 1 - Oct 31

### **FREEdom Farms Farm Stand (EBT)**

1725 Brentwood Rd., Brentwood (access from 2nd Ave.)  
Friday 11:00am - 12:00pm • June 28 - Sept 28

### **FREEdom Mobile Market - HRHCare Health Center**

1869 Brentwood Rd.  
Friday 10:30AM - 12:00PM • June 28 - Sept 28

### **Thera Farms Farm Stand**

1725 Brentwood Road, corner of Commack Rd.  
Daily 9am - 6pm • June 1 - Nov 1

## **BROOKHAVEN**

### **Hog Farm Stand**

319 Beaver Dam Rd., Brookhaven  
Saturday 9am - 1pm • May 19- Dec 19  
Mon., Wed. & Friday 3:30 pm - 6:30pm

## **CENTEREACH**

### **Bethel Hobbs Community Farm Stand**

178 Oxhead Rd. Centereach  
Saturday 10am - 2pm • July 6 - Sept 28

## **CENTRAL ISLIP**

### **FREEdom Mobile Market - Adelente**

83 Carleton Avenue, Central Islip  
Wednesday 10:30am - 12:00 pm • June 26 - Sept 26

## **COMMACK**

### **Dobler Farms**

72 Crooked Hill Rd., Commack  
Daily 10:00am - 5:00pm • July 1- Nov 1

## **DEER PARK**

### **Country Fresh Tanger Outlets Farmers' Market**

152 The Arches Circle, Deer Park  
Saturday 10am - 3pm • June 1 - Oct 26

## **DIX HILLS**

### **Dobler Farm Stand**

1145 Carlls Straight Path, Dix Hills  
Daily 10am - 5pm • July 1 - Nov 1

### **East Hampton Farmers' Market (EBT)**

Nick & Toni's Parking Lot 136 N. Main St.  
Friday 9am - 1pm • May 10 - Aug 30

### **Flanders Farm Fresh Food Market (EBT)**

Crohan Community Ctr., 655 Flanders Rd., Rt 24  
Saturday 10am - 1 pm • July 6 - Oct 19

## **GREENLAWN**

### **FREEdom Mobile Market - Northwell**

284 Pulaski Rd., Greenlawn  
Northwell Health Dolan Family Health Center  
Tuesday 10:00am - 12pm • Jul 9 - Sep 25

### **Huntington Farmer's Market**

238 Main St. (Rt. 25A), parking Lot Village of Huntington  
Sunday 7am - 12pm • June 2 - Nov 24

### **Islip Farmers' Market**

Town Hall lot Montauk Hwy, Rt 27A  
Saturday 7am - 12 pm • Jun 6 - Nov 23

## **MELVILLE**

### **Schneider's Farm Stand**

316 Old Country Rd., Melville  
Daily 9am - 6pm • April 26 - Nov 30

### **Montauk Farmers' Market**

Village Green 743 Montauk Hwy.  
Thursday 9am - 2pm • Jun 13 - Aug 29  
Friday 9am - 2pm • Sept 6 - Oct 4

### **Patchogue Farmers' Market**

Division & Ocean St., East side of Patchogue RR Sta. lot  
Friday 9am - 1pm • Jul 5 - Oct 4  
Sunday 9am - 1pm • Jun 9 - Nov 10

### **Rocky Point Farmers' Market**

Old Depot Park - Prince & Broadway  
Sunday 8am - 1pm • May 26 - Nov 24

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For more info and free recipes go to website  
<http://www.eatsmartnyli.com>

**EatSmartNY**  
Long Island Region

**Cornell Cooperative Extension**  
Suffolk County

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and Individuals with Disabilities and provides equal program and employment opportunities.



# 2019 Nassau County FMNP Farmers' Markets



EBT (SNAP benefits where noted)  
All markets accept FCC (Fresh Connect coupons)



## East Meadow Farm Stand

832 Merrick Ave., East Meadow  
Friday 3pm - 6pm  
Saturday 9am - 12pm • Jul 12 - Oct 26

## ELMONT

## Anna House Farm Stand at Belmont Park

2150 Hempstead Tnpk, Elmont  
Gate 6 driveway  
Tuesday 11am - 2pm • June 25 - Oct 30

## FARMINGDALE

## Country Fresh Farmingdale Farmers' Market (FCC)

Village Green, 361 Main Street  
Sunday 10am - 3pm • Jun 2 - Nov 24

## Freeport Farmers' Market - Baldwin (EBT) (FCC)

Baldwin Train Station Parking Lot #BA12  
between Milburn & Brookside Ave.  
Saturday 11:00am - 3:00pm • July 13 - Oct 26

## GLENCOVE

## FREEdom Mobile Market

Northwell Health Family Medicine Center  
at Glen Cove Hospital  
101 St Andrews Lane, Glen Cove  
Thursday 10:30am - 12pm • Jun 26 - Sep 27

## Hempstead Community Farm Stand (EBT)

99 Nichols Court  
Saturday 11:00am - 4:00pm • Jul 13 - Oct 26

## LONG BEACH

## Kennedy Plaza Farmers' Market (EBT)

1 West Chester St. at City Hall, Long Beach  
Saturday 9am - 2pm • May 25 - Nov 23  
Wednesday 9am - 2pm • Jun 5 - Oct 30

## MINEOLA

## Garden City Farmers' Market

101 County Seat Dr., Mineola  
3rd parking lot behind Supreme Court Bldg.  
Tuesday 7am-1pm • June 4 - Nov 26

## NORTH BELLMORE

## The Garden at St. Francis Farm Stand

1692 Bellmore Avenue, North Bellmore  
Sunday 11am - 2pm • June 30 - Oct 30

## OCEANSIDE

## JCC's A Place to Grow Farm Stand (EBT)

15 Neil Ct, Oceanside  
Thursday 2:30pm - 5:30pm • Jun 20 - Sep 26

## Port Washington Organic Farmers' Market (FCC)

Port Washington Town Dock, 347 Main St.  
Saturday 8am - 12pm • June 8 - Oct 25

## Rockville Center Farmers' Market (FCC)

Sunrise Hwy & Long Beach Rd. Railroad Parking Lot #12  
Sunday 7am - 12pm • June 2 - Nov 24

## ROSLYN

## North Hills Farmers' Market (FCC)

Christopher Morley Park, 500 Searingtown Rd.  
Wednesday 7am - 1 pm • June 5 - Nov 27

## Roosevelt Youth Farm Stand (EBT) (FCC)

Family Health Clinic, 380 Nassau Road  
Sunday 11am - 4pm • July 14 - Oct 27

## Seaford Farmers' Market (FCC)

Seaford RR Station Parking Lot 3, Sunrise Hwy. & Washington St. Saturday 7am - 12pm • June 1 - Nov 23

## Valley Stream Farmers' Market

Arthur J Hendrickson Park & Pool, 123 W. Merrick Rd  
Thursday 7am - 12pm • Jun 13 - Nov 21

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