

Appendix D: www.ChooseYourFish.org

For full review of the website, please visit www.ChooseYourFish.org. Included below are screenshots highlighting each section of the site.



**SAFE EATING
GUIDELINES**

Not all fish are created equal. Understand what types are right for you and how often you may eat them.

Make fish a favorite

Fish is packed with flavor and nutrients. Eating fish is the main way to get important "good fats" called omega-3 fatty acids that you do not get from other foods. Fish is also a lean choice for getting the protein you need.

If you are pregnant or may become pregnant, eating fish is one of the best ways to bring brain-boosting nutrients to your baby to come. Breastfeeding moms also pass these nutrients to their baby. Many different types of fish are available to try. Following these guidelines can help you choose which fish to put on your plate. HealthPartners Institute and the Minnesota Department of Health have teamed up to create this web site so you can know more about fish. **Make fish a favorite in your food plan!**



choose

Learn why eating fish is important and which fish are the better-for-you choices.

cook

Get tips on making meals with fish.



Browse recipes that are easy to make and add variety to your meals.



recipes



Download a shopping list. Find out how to shop for tasty, high-quality fish—fresh, frozen or canned.

get

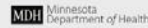
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Contact us: chooseyourfish@healthpartners.com



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What makes fish a great catch

Fish to eat

Fish to avoid

Contaminants

How to reduce your risk

What makes fish a great catch?

Why choose fish? Fish is a great choice for getting the low-fat protein your body needs. With a wide range of types, tastes and textures, fish brings variety to your meals. The benefits of eating fish outweigh the risks if you eat fish low in mercury and other contaminants. You get the most benefit from eating fish that is higher in EPA and DHA (called omega-3 fatty acids) and lower in contaminants. Eating some fish regularly is important for you and your family. Follow the guidelines on this web site to prevent mercury from building up in your body.

Heart happy

Studies show that eating fish regularly can lower the risk of heart disease.



Brain boosters

- Fish has lots of vitamins and minerals as well as omega-3 fatty acids. Omega-3 fatty acids are a



How to cook fish

Get the fish ready

Cook the fish

Fish flavors and textures

Leftovers

Videos

How to cook fish

Preparing a dish with fish can be simple. The following tips help you plan, prepare, cook and serve fish. Learn more by watching videos on preparing fish. You can also try our recipes!

Plan your meal. Choose your recipe and cooking method.

- Choose a cooking method. Better-for-you options are broiling, baking or grilling. The cooking method you choose may depend on the species of fish you cook. Fattier fish such as salmon and trout do not dry out very easily, so sautéing, baking, pan-frying and grilling work well. Lean fish such as tilapia and cod need more moisture, so poaching and steaming are better cooking methods for these fish.
- Decide if you will serve it in a dish or on its own. For instance, if you are using canned fish, you may decide to put it in an all-in-one dish such as tuna noodle casserole.
- Pick sides. Complete your plate by adding a veggie and a grain. Check out our fish recipes for side suggestions.



Use the tags at right to review recipes. You can add a recipe to your shopping basket, and then click the basket to see your grocery list. For tips on preparing fish, [click here](#).

All tags

Search: salmon, salad, etc.



Grilled Asparagus and Shrimp
Quinoa Salad with Lemon
Vinaigrette



Crispy Parmesan Baked Fish



Fish Taco Salad



How to shop for fish

My shopping list

Downloadable, writable shopping list that populates from our recipes. You can add other ingredients to your list. You can plan meals. You can send to your phone.

My shopping list

RECIPES

Crispy Parmesan Baked Fish

Mediterranean Tuna Salad

type to add your own recipe

FRUITS & VEGETABLES

carrot

cucumber

lettuce leaves

peas

type to add item to list

DAIRY

grated parmesan cheese

GRAINS

plain bread crumbs

whole wheat pita or bread,
optional for serving

type to add item to list

FISH, MEAT & PROTEIN

fish fillets, any white fish

tuna, canned in water

type to add item to list