

Healthy Measures: Fish and your health

Is it safe to eat fish? What are the healthiest fish to eat? Should I serve my children fish?

Fish is an excellent source of protein and other nutrients that are important in a healthy diet. Fish is also a great source of omega-3 fatty acids, which are healthy fats, shown to prevent heart disease and stroke. These essential fatty acids are highly concentrated in the brain and appear to be particularly important in normal brain development of infant and children.

[Canada's Food Guide](#) recommends that everyone eat at least two Food Guide servings of fish each week. However, certain types of fish may contain levels of mercury that can be harmful to your family's health if eaten too often. While fish is a great part of a healthy diet, **the key is to eat a variety of fish and to choose wisely.**

[A Guide to Eating Fish for Women, Children and Families](#) provides advice on how much fish and what types of fish to choose in your family's diet. It also provides information on eating canned and farmed fish and answers common questions about fish safety and nutrition. Try the "[Fish IQ](#)" quiz to find out how much you know about making safe and healthy fish choices for you and your family.

Baked Honey Garlic Salmon

Kids (and adults) love eating fish when it is prepared as simply and easily as it is here. This recipe is also delicious if you use arctic char or trout. Serve with steamed asparagus or broccoli and rice.

1 lb	salmon fillet	500 g
2 tbsp	olive oil	30 mL
2 tbsp	honey	30 mL
1 tbsp	low sodium soy sauce	15 mL
1 tsp	crushed garlic	5 mL
1 tsp	dry or Dijon mustard	5 mL

1. Preheat oven to 425°F (220°C) mix together honey, soy sauce, crushed garlic and mustard.
2. Line baking sheet with aluminium foil or parchment paper (enough to wrap salmon)
3. Place salmon on baking sheet and drizzle oil and sauce over salmon
4. Wrap foil or parchment paper around fish and bake for 10 minutes per 1 inch of salmon or until fish flakes easily with fork and reaches 158°F (70°C) with a food thermometer. If cooking fish from frozen, add about 30 minutes of cooking time.

Adapted from: Better Food For Kids. Joanne Saab and Daina Kalnins. Robert Rose publishing. 2002.

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!