

FOOD

Shrimp Scores Big on Nutrition



The hottest diets, from Atkins to South Beach to Weight Watchers, sing the praises of shrimp. It's a great source of protein and is low in calories. Plus, premium-quality Wild American shrimp - harvested in their own natural environment from the South Atlantic and Gulf of Mexico - is perfect for health-conscious consumers who want to know exactly where their food comes from.

"Wild American shrimp is low in fat and a source of polyunsaturated fats and heart-healthy omega-3 fatty acids, which fight cholesterol and may reduce the risk of heart disease," said nutritionist Carol

Guber, an expert on food, nutrition and healthy lifestyles.

When buying shrimp, look for shiny shells and meat that feels firm against the shell. It should have a fresh, salty scent and should not smell of ammonia or have a fishy odor.

For healthful dishes, add little or no butter, oil or shortening. The following recipe is perfect for light meals.

Stir 1 1/2 cups fresh lime juice into shrimp and place in refrigerator for 24 to 36 hours until shrimp is no longer opaque. Drain, rinse and set aside.

For the pico sauce, combine 2 tablespoons lime juice, Roma tomatoes, serrano pepper, red onion, cilantro, kosher salt and black pepper.

Combine shrimp, watermelon, pico sauce and 2 tablespoons lime juice. Garnish with lime wedges and serve with chips.

Shrimp with Watermelon and Spicy Pico

(Makes 4 to 6 servings)

- 2 cups fresh lime juice
- 1 1/2 cups (16-20 count) shrimp, cleaned and deveined, sliced into 1/2-inch-thick pieces
- 1 cup Roma tomatoes, seeded and diced small
- 1 serrano pepper, minced
- 1/4 cup red onion, diced small
- 1/4 cup cilantro, cleaned, stemmed and chopped
- Kosher salt, freshly ground black pepper, to taste
- 1 1/2 cups watermelon, diced into 1/2-inch pieces
- Baked tortilla chips
- Lime wedges for garnish

Bone Up on Calcium and Fiber

Picking foods for your health

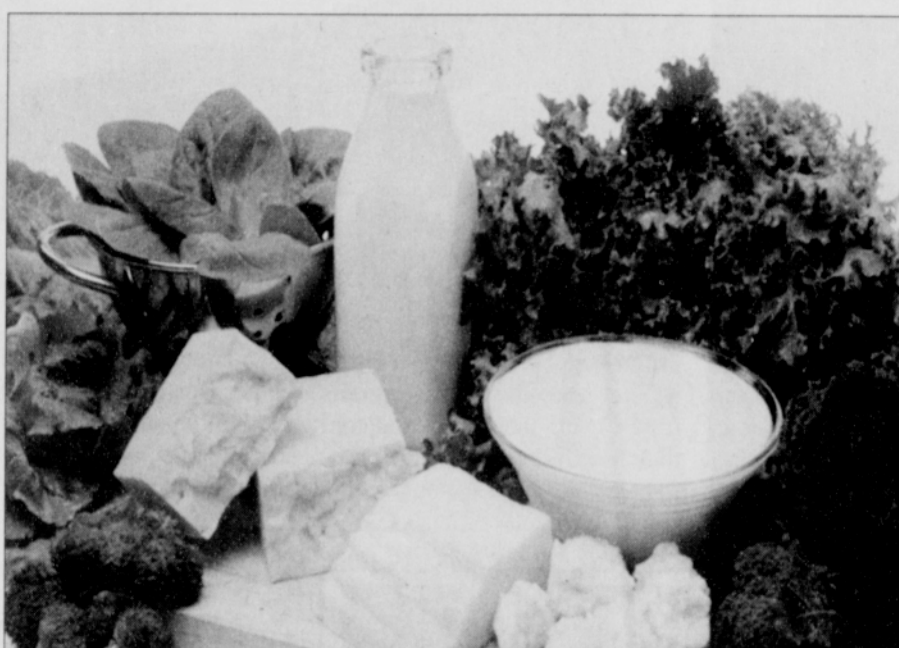
For many Americans, getting the recommended daily amount of nutrients can be challenging - particularly when it comes to dietary fiber and calcium.

According to the National Institutes of Health, a large percentage of Americans fail to meet the recommended guidelines for optimal calcium intake - putting them at increased risk for osteoporosis, a significant health threat for both women and men and the major underlying cause of bone fractures in postmenopausal women and the elderly.

Americans also face a troubling national "fiber deficit."

According to Columbia University, typical consumption of fiber averages 10 grams to 15 grams daily - less than half the recommended allowance.

Fiber keeps the digestive system running smoothly and may help prevent many diseases. In fact, "soluble" fiber has been shown to reduce the risk of coronary heart disease by lowering cholesterol and some research indicates



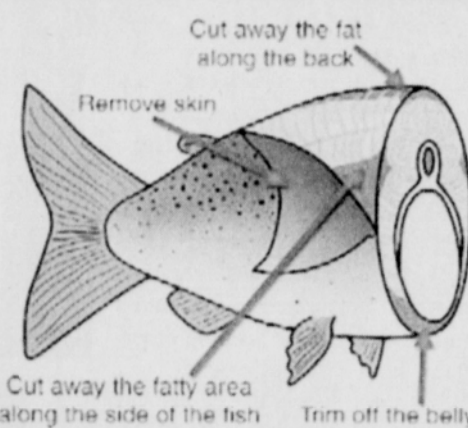
Calcium for strong bones comes not just from milk products, but also foods such as greens, broccoli, dry roasted almonds and dried figs.

fiber may help prevent Type 2 diabetes and high blood pressure.

Here are some tips from Pat Baird, member of the National Fiber Council and registered dietitian, on adding fiber and calcium to the diet:

Start off the day by combining fiber and

calcium-rich foods, such as a bowl of whole-grain cereal with milk, yogurt sprinkled with fresh berries or calcium-fortified orange juice. Calcium can be found in many greens, broccoli, dry roasted almonds and dried figs - all of which also are sources of dietary fiber.



The fat from some fish in Portland area waterways contain harmful chemical and should be cut away and discarded before cooking.

Healthy Fish Cookbook

Environmental Services is collecting healthy fish recipes for a multilingual cookbook to educate people about the health risks of eating fish caught in Portland area waterways. Some fish tissue may contain potentially harmful chemicals. Fish preparation is key to reducing the health risk of eating fish. Healthy fish recipes include grilling, baking or broiling fish on a rack.

Potentially harmful chemicals accumulate in fish fat, skin and internal organs. To minimize risk, trim back, side and belly fat, and discard skin

and internal organs. Grill, bake or broil fish on a rack so fat drips off. Frying retains fat.

In Portland area waterways, polychlorinated biphenyl (PCB) levels are highest in resident fish, such as carp, bass, and catfish. Testing shows very low levels of PCBs in salmon and steelhead, and they are a healthy source of protein and other nutrients.

Women who are pregnant or breastfeeding, children, and people with weak immune systems and thyroid or liver problems should avoid eating resident fish.

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