

### In This Week's Issue:

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#### Recipe of the Week:

## Roasted Fennel and Orange Tilapia

U.S. farmed tilapia is an excellent choice for incorporating omega-3 fatty acids into your diet without the risk of mercury or PCB (toxin) contamination. Choosing U.S. farmed tilapia is also an excellent choice for the environment. A native fish of North Africa, tilapia are highly resilient to many environmental factors such as temperature, dissolved oxygen content in water, and food availability. In a farmed environment this resiliency has positive and potentially negative effects which make your choice as a consumer an important one. A positive effect: tilapia have the ability to transfer a vegetarian diet into body mass more efficiently than most other fish found on the market. Farming tilapia is less reliant on total food input and on other species of fish to produce protein for you to eat. A potentially negative effect: many Southeast Asian and Central American countries farm tilapia in open pens, near or within local waters where they may escape and compete with native fish. U.S. farmed tilapia is done so in closed pens, away from local waters with no risk of escape. Choosing U.S. farmed tilapia is the best choice for your health and the health of the environment!

**Serves: 4 Prep Time: 20 minutes Cook Time: 28 min**

Nutrition Score per serving: (1 fish fillet, 1 cup **vegetables**): 315 calories, 7 g fat (19% of calories), 1 g saturated fat, 30 g carbs, 37 g protein, 7 g fiber, 127 mg calcium, 3 mg iron, 156 mg sodium

#### Ingredients

##### FOR THE VEGETABLES

Cooking spray  
2 fennel bulbs, cored and thinly sliced lengthwise  
1 red bell pepper, thinly sliced  
8 scallions, white and green parts, cut into 2-inch pieces  
1 tablespoon olive oil  
Salt and freshly ground black pepper  
2 navel oranges, sliced crosswise into 6 ¼ -inch rounds

##### FOR THE FISH

2 tablespoons honey  
Zest of 1 orange  
1 ½ tablespoons fresh orange juice  
½ teaspoon white wine vinegar  
4 6-ounce tilapia fillets  
1 ½ teaspoons ground ginger  
Salt and freshly ground black pepper

#### Directions

Preheat oven to 450°F and coat a large **roasting pan** with cooking spray. To prepare the vegetables, combine fennel, bell pepper, scallions, and olive oil in pan; season with salt and pepper and toss well. Place orange slices over vegetables and roast for 10 minutes.

To prepare the fish, combine honey, orange zest, orange juice, and vinegar in a bowl and stir until honey dissolves. Sprinkle fillets with ginger and salt and pepper to taste; arrange on top of oranges in roasting pan. Drizzle honey-orange glaze over fillets.

Return pan to oven and roast for 15 to 18 minutes more or until fish is opaque throughout and flakes with a **fork**. Transfer a fillet to each of four plates and top with 3 orange slices. Spoon 1 cup vegetables beside each fillet and serve.

~SHAPE

#### Health Tip of the Week:

## The Marine Stewardship Council



The MSC's fishery certification program and seafood eco-label recognize and reward sustainable fishing. We are a global organization working with fisheries, seafood companies, scientists, conservation groups and the public to promote the best environmental choice in seafood.

The MSC runs an exciting and ambitious program, working with partners to transform the world's seafood markets to a sustainable basis.

#### MSC standards and methodologies

With experts we developed standards for sustainable fishing and seafood traceability. They ensure that MSC-labeled seafood comes from, and can be traced back to, a sustainable fishery.

#### How we meet best practice

The MSC meets the highest benchmarks for credible certification and eco-labeling programs, including the UN Food and Agriculture Organization guidelines and the ISEAL Code of Good Practice.

The MSC is the world's leading certification and eco-labeling program for sustainable seafood. Look for the blue MSC eco-label when shopping or dining out. Visit [www.msc.org](http://www.msc.org) to find a sustainable supplier.

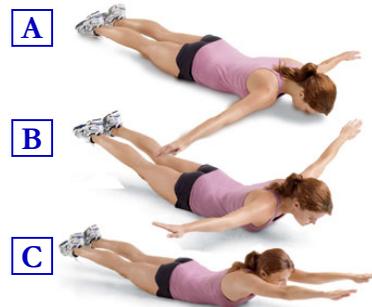


~[www.msc.org](http://www.msc.org)

On the back side is a handy pocket guide that provides information on the best choices for enjoying sustainable seafood.

#### Exercise of the Week:

## Airplane/Superman Extensions



**Targets core, lower back, and glutes**

- Lie facedown and extend your arms out at shoulder height, keeping your elbows slightly bent (A).
- Press your shoulder blades together and lift your arms, torso, and legs off the floor (B).
- Holding that position, bring your arms in front of you (C), hold for one count, and then move them back.
- Lower yourself to the floor. That's one rep.
- Do 10 to 15

~Women's Health

## Face Mask: Oatmeal Honey Mask



This is a very simple mask that takes advantage of oatmeal's cleansing and softening qualities. The honey lightly hydrates your skin. This mask helps to clear blackheads.

3 Tbsp regular, uncooked oatmeal  
2 Tbsp honey

Combine the two ingredients in a bowl, then run a washcloth under warm water, squeeze it out and hold it over your face for a few seconds to dampen your face. Finally, apply to your face. Rinse off after 10 minutes.

~The Body Book by Anne Akers Johnson

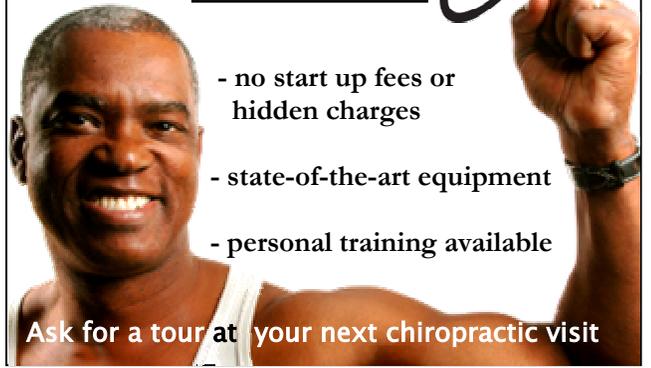


--- Cut on the dashed line and keep as a pocket guide

**\$11<sup>99</sup>**  
Per Month!

# Baze

## Fitness Center



- no start up fees or hidden charges
- state-of-the-art equipment
- personal training available

Ask for a tour at your next chiropractic visit

MONTEREY BAY AQUARIUM

**Seafood WATCH**



**Sustainable Seafood Guide**  
West Coast 2009

### BEST CHOICES

Albacore (farmed)  
Artic Chard (farmed)  
Barramundi (US farmed)  
Catfish (US farmed)  
Clams, Mussels, Oysters (farmed)  
Cod: Pacific (Alaska longline)+  
Crab: Dungeness  
Halibut: Pacific+  
Lobster: Spiny (US)  
Pollock (Alaska wild)+  
Rockfish: Black (CA, OR)  
Sablefish/Black Cod (Alaska+, BC)  
Salmon (Alaska wild)+  
Sardines: Pacific (US)  
Scallops: Bay (farmed)  
Tuna: Albacore (US+, BC troll/pole)

### GOOD ALTERNATIVES

Clams, Oysters (wild)\*  
Cod: Pacific (trawled)  
Crab: King (US), Snow, Imitation  
Dogfish (BC)\*  
Flourders, Soles (Pacific)  
Lingcod\*  
Lobster: American/Maine  
Mahi mahi/Dolphinfish (US)  
Rockfish (Alaska, BC hook & line)  
Sablefish/Black Cod (CA, OR, WA)  
Salmon (WA wild)\*  
Sanddabs: Pacific  
Scallops: Sea  
Shrimp (US farmed or wild)  
Tuna: Bigeye, Yellowfin (troll/pole)  
Tuna: canned light, canned white/Albacore\*

### AVOID

Chilean Seabass/Toothfish\*  
Cod: Atlantic  
Crab: King (imported)  
Dogfish (US)\*  
Grenadier/Pacific Roughy  
Lobster: spiny (Caribbean imported)  
Mahi mahi/Dolphinfish (imported)  
Marlin: Blue\*, Striped\*  
Monkfish  
Orange Roughy\*  
Rockfish (trawled)  
Salmon (farmed, including Atlantic)\*  
Yellowtail (Australian or Japan, farmed)  
Shrimp (imported farmed or wild)  
Sturgeon\*, Caviar (imported wild)  
Tuna: Albacore, Bigeye, Yellowfin (longline)\*

### Make Choices for Healthy Oceans

#### You Have the Power

Your consumer choices make a difference. Buy seafood from the green or yellow columns to support those fisheries and fish farms that are healthier for ocean wildlife and the environment.



MONTEREY BAY AQUARIUM\*

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation ©2009. All rights reserved.

### Learn More

Visit [www.seafoodwatch.org](http://www.seafoodwatch.org) for:

- More detailed information about your favorite seafood, including items not listed here
- The most up-to-date version of this guide, our other regional guides and our new sushi guide

Log on to [seafoodwatch.org](http://seafoodwatch.org) with your mobile device to see the latest version of all our pocket guides!

Contaminant information provided by:

### ENVIRONMENTAL DEFENSE FUND

\* Limit consumption due to concerns about mercury or other contaminants. Visit [www.edf.org/seafood](http://www.edf.org/seafood)

#### Key

+ Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit [www.msc.org](http://www.msc.org)

\* Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.

**Best Choices** are abundant, well-managed and caught or farmed in environmentally friendly ways.

**Good Alternatives** are an option, but there are concerns with how they're caught or farmed - or with the health of their habitat due to other human impacts.

**Avoid** for now as these items are caught or farmed in ways that harm other marine life or the environment.

### Support Ocean-Friendly Seafood

### How to use this guide

The seafood in this guide may occur in more than one column based on how it is caught, where it is from, etc. Please read all columns and be sure to check labels or ask questions when shopping or eating out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

If you're not sure, choose something else from the green or yellow columns.

## Sources of Omega-3

There are three types of Omega-3 that are crucial to your health; EPA/DHA, and ALA. EPA and DHA are found in wild game, free-range meats and fresh fish. ALA is found in vegetarian sources. Worldwide, the human diet is now deficient in Omega-3s. Below are the best sources for intake of these important fatty acids.

### Fish Oil

The body uses EPA to create many hormone-like substances that reduce inflammation and other "excited" states in the body, such as raised BP. Also, eight percent of the brain is composed of EPA and DHA. Omega-3 EPA/DHA deficiencies lead to many conditions including:

Dyslexia	Heart Disease	Weight gain
Violence	Eczema	Cancer
Depression	Allergies	Diabetes
Memory problems	Inflammatory diseases	Arthritis

When it comes to choosing a quality fish oil, look for mercury-free or quality seals on the label. Both the NSF and NNFA quality seals (shown below) mean that the product does not contain heavy metals. Specifically, any lead, mercury, arsenic, cadmium and/or chromium that might be present must be at levels below the standards set by the World Health Organization. Supplement products consisting of 2% oil or more must pass two tests for the presence of oxidation and rancidity.

### Flaxseeds

Your body uses ALA to convert to other forms of omega-3 including EPA and DHA, yet you would need 5-6 times more ALA to convert to enough EPA and DHA, than getting it from fish oil or other animal sources. Still, the body needs ALA to make other omega-3s, even when it gets enough EPA and DHA from fish or fish oils.

The best source of plant-based omega-3 fats are fresh organic flaxseeds. The key is to buy them organically and grind them fresh immediately before you use them. The fats are highly perishable so it is best to avoid pre-ground seeds or oil as the risk of oxidation of these fats is too high.

### Bottom Line

The bottom line is ALA has benefits that EPA and DHA don't have and visa versa, so you should consume both. Recommended amounts are:

300-500 mg per day of EPA/DHA (fish oil)

Plus, 800-1100mg per day of ALA (flax seed)



Information Gathered from:  
~The Innate Diet and Natural Hygiene  
by Dr. James L. Chestnut  
~Dr. Mercola

~[http://www.supplementquality.com/efficacy/fishoil\\_flaxoil.html](http://www.supplementquality.com/efficacy/fishoil_flaxoil.html)