CELEBRATE
AMERICAN HEART MONTH

A wellness toolkit for healthcare foodservice

Visit www.chickenofthesea.com/foodservice for product offerings, recipes, nutrition facts, and tools for healthcare foodservice operators!

©2016 Chicken of the Sea International
February is American Heart Month. According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading killer of both men and women in the United States.

Chicken of the Sea® is pleased to offer you this kit to help you:

- Demonstrate your foodservice operation’s commitment to wellness
- Promote heart-healthy seafood-based menu items
- Educate and inspire your guests about the role of seafood in a heart-healthy diet

Please print as many copies as you’d like of the pages of this kit:

- **Promotional poster** (page 3) to engage your guests
- **Heart-healthy seafood recipes** (pages 4–6): Each recipe, high in omega-3 fatty acids, also fits the wellness profile of <35% of calories from fat and <800 mg sodium. Ride the wellness wave!
- Print and use **Today’s Catch (now serving) cards** (pages 7–9) to merchandise these appealing options. Just tape them up in serving areas.
- **American Heart Month 2-page educational handout** to give to your guests or put on your website or intranet
- Sample **social media posts** to engage with your clients and customers on your social channels

For community wellness classes, health fairs, and nutrition outreach, use the American Heart Month handout.

**Learn More with Free CE!**

Chicken of the Sea® is pleased to offer free continuing education online. Visit [www.chickenoftheseaCE.com](http://www.chickenoftheseaCE.com) to take these courses, each approved for 1 hr CE for RDNs; DTRs; CDM, CFPPs; and certified chefs:

- **Seafood=Brain Food** presents extensive research behind cognitive functioning and healthy aging, the benefits of marine omega-3s, and details of the MIND Diet.
- **Sustainable Seafood for Healthcare Foodservice** introduces you to a wide range of practices that provide healthful food and support the well-being of individuals, communities, and the ecosystem as you build your own sustainable seafood plan.

**More Resources Online**

- **Seafood Nutrition Partnership**
  http://www.seafoodnutrition.org/
- **American Heart Month website**
  http://www.heart.org/HEARTORIG/
- **CDC Heart Disease Fact Sheet**
  http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm

**Foodservice Recipes & More**

Visit [chickenofthesea.com/foodservice](http://chickenofthesea.com/foodservice)

Connect with us [/ChickenoftheSeaFoodservice](http://[/ChickenoftheSeaFoodservice)
WE’RE CELEBRATING
AMERICAN HEART MONTH!

February is American Heart Month

“Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.” – HealthFinder.gov

LEARN ABOUT THE ROLE OF SEAFOOD IN A HEART-HEALTHY DIET.

Join us for special seafood menu features and ride the wellness wave!

©2016 Chicken of the Sea International
Tuna Meatballs

Featured Chicken of the Sea® Recipe for Healthcare Foodservice

Ingredients

- ¼ c Dried oregano leaves
- ¼ c Dried basil leaves
- 2 Tbsp Ground nutmeg
- 2 Tbsp Ground black pepper
- 4½ c Bread crumbs
- 1¼ lb Fresh white sandwich bread, fine diced
- 3 c Parmesan cheese, grated
- ¼ c Fresh parsley, cleaned and minced
- ½ c Garlic, minced
- 12 Eggs
- 66 oz Chicken of the Sea® Chunk Light Tuna in Water, do not drain
- 1½ qts Low sodium tomato sauce, hot
- 12 oz Part skim mozzarella cheese, shredded
- 24 Fresh parsley sprigs for garnish

Preparation

1. Combine first 11 ingredients and mix until well blended. Using a #30 scoop, portion the meatballs and roll between the palms of your gloved hands to form round, compact meatballs.
2. Bake meatballs at 350°F for 20 minutes or until browned and reaching an internal temperature of 160°F.
3. Place ¼ c tomato sauce on a serving plate and arrange 6 meatballs on the sauce. Top each meatball w/ ½ oz of shredded mozzarella.
4. Place the plate under a broiler or salamander to melt and allow the cheese to brown. Garnish w/ a fresh parsley sprig.

Serving ideas

Serve with any pasta you prefer.

Variations

Can be portioned into any size meatball. For example, use a #100 scoop for use in an Italian Wedding Soup, or use a #8 Scoop to form into 4-oz Italian Spiced Tuna Burgers and grill. For authentic Italian style tuna meatballs, replace 1½ c bread crumbs and ¼ lb of sliced bread with 3 c ground pine nuts.

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Salmon Wrap

Portion size: 1 wrap • 12 servings

Featured Chicken of the Sea® Recipe for Healthcare Foodservice

Ingredients

- 3/4 c Cream cheese, softened
- 1/2 c Slaw dressing
- 1/2 c Mayonnaise
- 12 10” Whole grain flour tortillas
- 40 oz Chicken of the Sea® Salmon pouch
- 48 1/16” slices ripe tomato
- 6 c Mixed salad greens, chopped

Preparation

1. Combine cream cheese, slaw dressing, and mayonnaise to make sandwich spread. Chill.
2. Warm tortillas, then spread a #24 scoop of sandwich spread on each.
3. Evenly distribute and gently press 2 1/2 oz salmon into spread.
4. Evenly distribute 1/2 c chopped salad greens over salmon. Place 4 slices of tomato, 2x2, on the salad greens.
5. Roll each wrap pinwheel style in sandwich paper.

Serving ideas

Cut diagonally and serve with fresh fruit.

Variations

Use any type of tortilla (spinach, chili, tomato, etc.) and any Chicken of the Sea® tuna or salmon product.

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Nutrition Facts

Amount Per Serving

- Calories: 340
- Calories from Fat: 120
- % Daily Value:
  - Total Fat: 14g (22%)
  - Saturated Fat: 3.5g (18%)
  - Trans Fat: 0g
  - Cholesterol: 55mg (18%)
  - Sodium: 680mg (28%)
  - Total Carbohydrate: 30g (10%)
  - Dietary Fiber: 3g (12%)
  - Sugars: 6g
  - Protein: 22g

- Vitamin A: 15%
- Vitamin C: 15%
- Calcium: 2%
- Iron: 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Suitable for:
- Mechanical Soft Diet
- Finger Food Diet

Please compare recipes against your own diet manual.
Cajun Spiced Tuna Cakes

Total yield: 60 cakes
Portion size: 2 cakes • 30 servings

Featured Chicken of the Sea® Recipe for Healthcare Foodservice

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>64 oz</td>
<td>Canned Chicken of the Sea® Chunk Light Tuna in Water, drained</td>
</tr>
<tr>
<td>6 lb</td>
<td>Mashed potatoes, chilled</td>
</tr>
<tr>
<td>1½ lb</td>
<td>Fresh white bread, crusts removed and finely diced</td>
</tr>
<tr>
<td>2 c</td>
<td>Fresh chives, minced</td>
</tr>
<tr>
<td>¼ c</td>
<td>Cajun seasoning blend</td>
</tr>
<tr>
<td>6 c</td>
<td>Fine bread crumbs</td>
</tr>
<tr>
<td>1½ c</td>
<td>Olive oil</td>
</tr>
</tbody>
</table>

Preparation

1. Combine first 5 ingredients and mix thoroughly.
2. Using a #12 scoop, portion out patties, pressing firmly together. Dust each side with bread crumbs.
3. Heat oil over medium heat. Cook patties on each side until golden brown (3-4 minutes per side), to an internal temperature of 160°F.

Serving ideas

Serve with fresh vegetable slaw and garnish with lemon wedges, chives, cajun seasoning, and creamy horseradish.

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Try this recipe for:
• Room Service
• Buffet
• Traditional Tray Service
• Retail/Cafe
• Catering

Suitable for:
• Mechanical Soft Diet

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (175g)</th>
<th>Servings Per Container</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 6g</td>
<td>Calories from Fat 9%</td>
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<tr>
<td>Saturated Fat 1g</td>
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<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 20mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium 440mg</td>
<td>18%</td>
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<tr>
<td>Total Carbohydrate 34g</td>
<td>11%</td>
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<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
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<tr>
<td>Sugars 2g</td>
<td></td>
</tr>
<tr>
<td>Protein 16g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 4% • Vitamin C 25%

Calium 10% • Iron 10% 

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. 

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Tuna Meatballs

WE'RE CELEBRATING AMERICAN HEART MONTH!
February is American Heart Month and we’re giving you heart-healthy seafood choices.

WE'RE CELEBRATING AMERICAN HEART MONTH!

Today's catch:

Chicken of the Sea
Did you know?

Heart disease—the leading killer

Heart disease is the leading cause of death for both men and women. 1 in every 4 deaths in America is from heart disease. That’s about 610,000 deaths each year.

“Eating fish rich in omega-3 fatty acids and other nutrients appears to provide more heart-healthy benefits than does using supplements,” alone.

Reduce your risk—eat your fish

According to Harvard School of Public Health, eating 8 oz. of fatty fish a week reduces the risk of dying from heart disease by 36%.

FISH IN A FLASH

According to the Seafood Nutrition Partnership, most seafood can be prepared in just 15 minutes or less. And remember—frozen, canned, or pouch seafood is just as healthy as fresh seafood!

WHAT ARE OMEGA-3S?

According to Mayo Clinic, Omega-3 fatty acids—a type of polyunsaturated fatty acids—may:

- lower blood cholesterol
- lower blood pressure
- decrease triglycerides
- reduce blood clotting
- decrease risk of stroke & heart failure
- reduce irregular heartbeats

SEAFOOD—A HEALTHY DIET STAPLE

Eating fish is a key component of U.S. News & World Report’s top-recommended diets for heart and overall health such as DASH, the MIND diet, and the Mediterranean diet.

The Dietary Guidelines for Americans 2015-2020 and the American Heart Association recommend eating at least two servings of seafood per week.
DON’T FEAR THE FAT

The American Heart Association says “fatty fish” are highest in omega-3 fats.

These include:
- salmon
- albacore tuna
- sardines
- lake trout
- mackerel

Zesty lemon and the crunch of fresh veggies put a fresh spin on the classic tuna salad sandwich.

**INGREDIENTS**

2.5 oz Chicken of the Sea® Lemon Pepper Pink Salmon, flaked

¼ Small red bell pepper, thinly sliced

2 Tbsp Shredded carrot

2 Tbsp Finely chopped celery

2 Tbsp Reduced fat mayonnaise

1 Small lemon’s zest, grated

1 tsp Fresh lemon juice

Salt and pepper to taste

2 Slices whole grain bread

2 Small romaine lettuce leaves, trimmed

**DIRECTIONS**

1. In a small bowl, mix together salmon, bell pepper, carrot, celery, mayonnaise, lemon zest, and lemon juice. Season with salt and pepper to taste.

2. Place a lettuce leaf on one slice of bread and top with the salmon mixture.

3. Place the remaining lettuce leaf on top and add the second bread slice on top to form a sandwich.

4. Cut the sandwich in half and serve.

**Sources:**

Lemon Pepper Salmon and Mixed Vegetable Sandwich

**TOTAL TIME: 10 MINS | SERVINGS: 1-2**
What can you do to reduce your risk of dying of heart disease by more than one third? Eat your fish!

Click to download image

Reduce your risk—eat your fish

According to Harvard School of Public Health, eating 8 oz. of fatty fish a week reduces the risk of dying from heart disease by 36%.

Make sure you’re getting at least two servings of heart-healthy seafood per week.

Click to download image

The Dietary Guidelines for Americans 2015-2020 and the American Heart Association recommend eating at least two servings of seafood per week.

Not only is seafood heart-healthy and delicious, it’s quick to prepare!

Click to download image

FISH IN A FLASH

According to the Seafood Nutrition Partnership, most seafood can be prepared in just 15 minutes or less. And remember—frozen, canned, or pouch seafood is just as healthy as fresh seafood!