CELEBRATE
NATIONAL NUTRITION MONTH®

A wellness toolkit for healthcare foodservice

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

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

©2017 Chicken of the Sea International
March is National Nutrition Month®. As explained by the Academy of Nutrition and Dietetics, National Nutrition Month® “focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.”

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

- Demonstrate your foodservice operation’s commitment to wellness
- Promote nutritious seafood-based menu items
- Educate and inspire your guests about the role of seafood in eating right

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

- Promotional poster (page 3) to engage your guests
- Nutritious seafood recipes (pages 4–6): Each recipe 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.
- National Nutrition 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 patient tray service or room service: you can feature the same recipes and place a Today’s Catch card on every tray. Share handouts with your patients, too!

For community wellness classes, health fairs, and nutrition outreach, use the National Nutrition Month® handout.

Learn More with Free CE!

Chicken of the Sea® is pleased to offer free continuing education online. Visit 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

Academy of Nutrition and Dietetics.
36 Ideas to Get Involved in NNM: www.eatright.org/resource/food/resources/national-nutrition-month/event-ideas

Academy of Nutrition and Dietetics.

Seafood Health Facts. www.seafoodhealthfacts.org

Foodservice Recipes & More
Visit chickenofthesea.com/foodservice
Connect with us /ChickenoftheSeaFoodservice
Salmon and White Bean Salad

24 servings

Featured Chicken of the Sea® Recipe for Healthcare Foodservice

Ingredients

- 64 oz Canned Chicken of the Sea® Skinless Boneless Pink Salmon, drained
- 28 oz Can cannellini beans, drained and rinsed
- 1 qt Cherry tomatoes, chopped
- 2 c Diced red onion
- ½ c Olive oil
- ½ c Red wine vinegar
- ¼ c Italian seasoning
- 1 Tbsp Garlic salt
- 1 Head lettuce, torn

Preparation

1. Toss salmon, cannellini beans, cherry tomatoes, and red onion together.
2. Whisk olive oil, red wine vinegar, Italian seasoning, and garlic salt together until well blended; drizzle over salmon mixture and toss to coat.
3. Cover and chill 4-8 hours.
4. Serve chilled salmon mixture over lettuce.

White beans, cherry tomatoes, and savory salmon give this refreshing summer salad its tasty Mediterranean flair.

Variations

This salmon mixture makes a great pasta salad as well. Serve over tri-color spiral pasta for fantastic presentation and flavor!

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

©2017 Chicken of the Sea International
Market Salad Bread Bowl with Genova Tuna

Portion size: 1 bread bowl • 6 servings

Featured Chicken of the Sea® Recipe for Healthcare Foodservice

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Tbsp</td>
<td>Champagne wine vinegar</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Fresh ground black pepper</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Minced crystalized ginger</td>
</tr>
<tr>
<td>2 tsp</td>
<td>Minced garlic</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Minced fresh jalapeño pepper, including seeds</td>
</tr>
<tr>
<td>¾ c</td>
<td>Chopped fresh mint leaves</td>
</tr>
<tr>
<td>½ c</td>
<td>Honey</td>
</tr>
<tr>
<td>3 Tbsp</td>
<td>Olive oil</td>
</tr>
<tr>
<td>¾ lb</td>
<td>English cucumber, peeled and diced</td>
</tr>
<tr>
<td>1 c</td>
<td>Grape tomatoes, halved</td>
</tr>
<tr>
<td>¼ c</td>
<td>Fresh green onion, bias cut slim</td>
</tr>
<tr>
<td>½ c</td>
<td>Sliced celery</td>
</tr>
<tr>
<td>3</td>
<td>Small fresh radishes, trim and slice paper-thin</td>
</tr>
<tr>
<td>1 c</td>
<td>Golden raisins</td>
</tr>
<tr>
<td>2 c</td>
<td>Fresh ripe mango chunks</td>
</tr>
<tr>
<td>4</td>
<td>6” mini sourdough rolls</td>
</tr>
<tr>
<td>8</td>
<td>Leaf lettuce leaves</td>
</tr>
<tr>
<td>25 oz</td>
<td>Chicken of the Sea® Genova Yellowfin Tuna in Olive Oil, drained</td>
</tr>
<tr>
<td>¼ c</td>
<td>Candied chopped pecans</td>
</tr>
<tr>
<td>6</td>
<td>Fresh mint sprigs, cleaned</td>
</tr>
</tbody>
</table>

Preparation

1. Combine first 8 ingredients in a blender and puree for 1 minute to make the dressing.
2. Combine and gently mix the next 7 ingredients to make the fruit/vegetable mixture.
3. Using a serrated knife, hollow out each roll. Line each bread bowl with 2 lettuce leaves. Portion tuna onto lettuce leaves. Place the top of the bread bowl on the plate.
4. Using a slotted spoon, arrange the vegetable/fruit mixture around the bread bowl. Drizzle dressing over the tuna and over the vegetable/fruit mixture. Sprinkle 2 Tbsp of pecans over fruit/vegetable mixture. Place a sprig of fresh mint on tuna.

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

Please compare recipes against your own diet manual.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 480</td>
<td>Calories from Fat 170</td>
</tr>
<tr>
<td>Total Fat 15g</td>
<td>29%</td>
</tr>
<tr>
<td>Saturated Fat 2.5g</td>
<td>13%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 40mg</td>
<td>13%</td>
</tr>
<tr>
<td>Sodium 649mg</td>
<td>27%</td>
</tr>
<tr>
<td>Total Carbohydrate 47g</td>
<td>16%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars 32g</td>
<td></td>
</tr>
<tr>
<td>Protein 31g</td>
<td></td>
</tr>
</tbody>
</table>

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

©2016 Chicken of the Sea International
Salmon Kibbee

Total yield: 144 kibbee
Portion size: 4 kibbee • 36 servings

Featured Chicken of the Sea® Recipe for Healthcare Foodservice

Ingredients

- 3 c Bulgur
- 3 c Water
- ½ c Olive oil (first use)
- 3 c Yellow onion, minced
- 1 Tbsp Dried mint
- 64 oz Canned Chicken of the Sea® Pink Salmon, Skinless & Boneless, drained
- 1½ tsp Ground allspice
- 1½ tsp Ground black pepper
- 1½ tsp Ground cinnamon
- 1½ tsp Salt
- ¾ c Fresh parsley, minced
- 1½ c Ground almonds
- 3 qt Fresh bread crumbs
- 12 Fresh eggs
- 1½ tsp Olive oil (second use)
- 1½ qt Plain yogurt
- 6 English cucumbers, cut into 8 wedges each
- 6 Fresh lemons, wedged

Preparation

1. In a large bowl, soak the bulgur in the water for 20 minutes.
2. Meanwhile, heat the olive oil in a sauté pan, add the onion and mint. Cook on low heat until onion is translucent. Set aside to cool.
3. Add onion/mint mixture and the next 9 ingredients to the bulgur and mix well.
4. Form kibbee into 1¼ oz ovals, tray, cover, and chill.
5. At time of service, heat the olive oil on medium heat in a sauté pan.
6. Place kibbee ovals into sauté pan and brown on each side until heated through.
7. Garnish with yogurt, cucumbers, and lemon.

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

Suitable for:
- Mechanical Soft Diet (may omit cucumbers)

Please compare recipes against your own diet manual.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (178g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>240 Calories from Fat 80%</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>14%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>9g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>95mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>380mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>23g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>18g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>6%</td>
</tr>
<tr>
<td>Calcium</td>
<td>15%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
</tr>
</tbody>
</table>

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

©2016 Chicken of the Sea International
Market Salad Bread Bowl with Genova Tuna

RIDE THE WELLNESS WAVE!
TODAY’S CATCH

Salmon Kibblee

RIDE THE WELLNESS WAVE!

Chicken & Sea

TODAY’S CATCH

Salmon Kibblee

RIDE THE WELLNESS WAVE!

Chicken & Sea

TODAY’S CATCH

Salmon Kibblee

RIDE THE WELLNESS WAVE!

Chicken & Sea

TODAY’S CATCH

Salmon Kibblee

RIDE THE WELLNESS WAVE!

Chicken & Sea

TODAY’S CATCH

Salmon Kibblee

RIDE THE WELLNESS WAVE!

Chicken & Sea

TODAY’S CATCH

Salmon Kibblee

RIDE THE WELLNESS WAVE!

Chicken & Sea

TODAY’S CATCH

Salmon Kibblee

RIDE THE WELLNESS WAVE!

Chicken & Sea
Today's catch:
Enjoy healthy salmon and tuna
at least twice a week!

Celebrate National Nutrition Month®

Chicken of the Sea
Did you know?

It’s Not Complicated

“Eating right isn’t complicated,” according to the Academy of Nutrition and Dietetics. Here are some key tips based on the Dietary Guidelines for Americans:

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk, and milk products.
- Include lean meats, poultry, fish, beans, eggs, and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium), and added sugars.

What Are Your Nutrition Habits

Want to eat healthier?

Try making a list of your healthy habits and another list of the ones you want to change.

First of all, congratulate yourself on your healthy habits!

Now, choose one you want to change and make a plan. For example, you might replace a bowl of candy with a bowl of plain nuts.

Just work on one thing at a time. It takes a long time to build habits, so give yourself time to change them, too.

Seafood Protein

According to Seafood Health Facts, a coalition of leading scientists, fish is a great way to grab some protein. Did you know?

- A 3-ounce serving of most fish or shellfish provides about 30-40% of the average daily recommended amount of protein.
- The protein in seafood is easier to digest because seafood has less connective tissue than red meats and poultry.

Good foods? Bad foods?

Nutrient-Rich Foods!

The Academy of Nutrition and Dietetics advises: “Think nutrient-rich rather than good or bad foods. If you consistently choose foods that are high in vitamins, minerals, fiber and other nutrients, you’re on the way to sound food choices that can help you stay healthy.”
DIRECTIONS
1. Turn the oven onto the broiler setting. Toast the pita on one side for 1-2 minutes until golden and slightly crisp. Remove from the oven and flip.
2. Open the tuna can and squeeze to drain all the liquid. Add the salsa, Greek yogurt, salt, and pepper. Mix with a fork until combined.
3. Spread the tuna mixture over the pita into an even layer. Top with the shredded cheese. Broil for 5-7 minutes, until the cheese is bubbly and everything is hot. (This time will depend on how hot your broiler is so watch carefully.) Let cool slightly, slice, and enjoy!

INGREDIENTS

1 (4 oz) can Chicken of the Sea E-Z Open Solid White Albacore Tuna
¼ c Salsa
2 Tbsp Greek yogurt or mayonnaise
Salt & pepper
1-2 Large pita (gluten-free optional)
1 c Shredded pepper jack cheese

TOTAL TIME: 10 MINS | SERVINGS: 1-2

Spicy Tuna Melts

Everything comes together in 10 minutes for a fast and healthy meal.

A GREAT CATCH FOR NUTRITION: Fish is a good source of protein, omega-3 fats (especially in fatty fish), B vitamins, vitamin D and vitamin A, selenium, zinc, iodine, and iron.

healthcare-professionals/seafood-nutrition-overview.

Swapping in salmon, tuna, or other seafood for meat and poultry is a great way to meet the Dietary Guidelines recommendation of eating seafood at least twice a week!
March is National Nutrition Month®.

Here are some sample social media posts you can use on your social media channels. Click on each to download.

**Seafood: count up the benefits**

Harvard School of Public Health says that eating fish once or twice a week may lower blood pressure, reduce the risk of stroke, depression, Alzheimer’s disease, and other chronic conditions.

**Seafood protein**

Did you know? The protein in seafood is easier to digest because seafood has less connective tissue than red meats and poultry.

**Good foods? Bad foods?**

The Academy of Nutrition and Dietetics advises: “Think nutrient-rich rather than good or bad foods.

---

**FISH = an investment in your health**

Harvard School of Public Health says that: “Eating fish once or twice a week may also reduce the risk of stroke, depression, Alzheimer’s disease, and other chronic conditions.”

**SEAFOOD PROTEIN**

According to Seafood Health Facts, a coalition of leading scientists, fish is a great way to grab some protein. Did you know?

- A 3 oz serving of most fish or shellfish provides about 30-40% of the average daily recommended amount of protein.
- The protein in seafood is easier to digest because seafood has less connective tissue than red meats and poultry.

---

**Good foods? Bad foods?**

The Academy of Nutrition and Dietetics advises: “Think nutrient-rich rather than good or bad foods. If you consistently choose foods that are high in vitamins, minerals, fiber and other nutrients, you’re on the way to sound food choices that can help you stay healthy.”