



SEAFOOD CONSUMPTION

Why do you think so many people like to eat seafood now? It wasn't always so popular.

Seafood is popular for several reasons. First, we now know there are many health benefits that come from seafood. Omega-3s (beneficial fatty acids) come from both finfish and shellfish, and are known to reduce the risk of heart disease. Second, the quality and the freshness of the fish have improved thanks to the way fish is handled out at sea and the ability to ship live and fresh seafood overnight. Typically, locally caught seafood is fresh because it can be delivered the same day it is caught; the closer the catch, the fresher the seafood. Third, there are now many different kinds of fish available because fish from all over the world are available to consumers – you don't have to live near the ocean to enjoy fresh seafood.

Here are some tips that we Fin-atic Reporters picked up while learning about our local fisheries that will improve your fish eating experiences:

When selecting fish, remember these three steps:

1. **Look** Does it look fresh? The eyes of the fish should be clear.
2. **Smell** Does it have a "fishy" smell? A strong odor is an indication that the fish is not fresh!
3. **Feel** Is it cold and firm to the touch? It should have firm, shiny flesh and should not be dry or mushy in any areas.

When purchasing seafood at the grocery store:

Pick the package farthest in the back of the display case. The older seafood is likely on the top, and also warmer than those in back of the case. Also, make sure there is no freezer burn (dry spots).

Pick up your fish at the end of your shopping trip. Fish must stay very cool, so make sure it is the last item you

put in your shopping cart, take it straight home and refrigerate (or freeze) it right away. Consider using a small cooler to transport the seafood home.

ONCE AT HOME:

Keep it cold!

Eat it soon after it was purchased:

- If you will eat it within 2 days of purchase, keep it refrigerated.
- If you will eat it after more than 2 days of purchase wrap it in plastic food wrap (and then foil if desired) and freeze it.

For more information on how to handle seafood, keeping seafood fresh, the nutritional value of seafood and to obtain delicious recipes, visit these websites:

<http://seafood.ucdavis.edu/consumer.html>

<http://seafood.ucdavis.edu/consumer/health.htm>

<http://ca-seafood.ucdavis.edu>

<http://www.aboutseafood.com>

Where can you purchase fresh, local seafood?

Weekend morning fishermen's markets at the local harbors (often Saturday mornings), where you can buy fresh seafood directly from local commercial fishery participants off their boat.

Visit local fish markets

Go to local restaurants that advertise local seafood dishes

FUN FACTS AND DID YOU KNOWS:

The average person in the United States consumed about 16.5 pounds of seafood in 2006!

White seabass are gutted and cleaned at sea to maintain high quality and freshness. Experienced fishery participants can do this in 30 seconds!

