



DIETITIAN'S CORNER

Here is some interesting nutrition information about some of the ingredients used by Chef Julio in his recipe:

FISH TACOS ENSENADA-STYLE WITH PICKLED RADISH, ONION & HABANERO, PICO DE GALLO, AND AVOCADO CREMA

FISH

Fish is a very important part of a healthy diet. Fish and other seafood are the major sources of healthy omega-3 fats and are also rich in other nutrients such as vitamin D and selenium, high in protein, and low in saturated fat. There is strong evidence that eating fish is good for the heart and blood vessels. An analysis of 20 studies involving hundreds of thousands of participants indicates that eating approximately one to two 3-ounce servings of fatty fish a week—wild salmon, farmed rainbow trout, herring, mackerel, anchovies, or sardines—reduces the risk of dying from heart disease by 36 percent.

What about white fish?

Although fatty fish score the highest in terms of omega-3 content, there are also many health benefits to eat a variety of white fish. Since they have a lower fat content, their protein content is very high; they are also packed with essential vitamins (B12, B6, B3, B2 and minerals (phosphorus, selenium). Another benefit may include fighting inflammation in the body, which is related to many chronic diseases.



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Did you know?



The size of marine populations has declined by almost half (49%) between 1970 and 2012 according to some studies. Unsustainable fishing is threatening not only fish populations, but also ocean habitats, coastal fishing communities and economies.

Selecting certified sustainable fish (such as: MSC blue label, Ocean Wise) can help you contribute to the preservation of the diversity and health of the oceans. Sustainable fisheries have good management practices that reduce their impacts on the environment by limiting their catch to only species that are sustainable, and helping to ensure the viability of fishing communities.





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CHILI PEPPERS

Peppers are native to the New World, somewhere around Mexico, Central or South America. Thanks to Christopher Columbus' "flair" for "hot stuff", they were introduced to Spain, Italy and other southern European countries. Portuguese explorers, too, have a role to play in that plot; after they explored Brazil, they brought chilies to Goa, in India, and from there they spread to Asia and Africa. Hot peppers come in five domesticated species, which each include multiple varieties. The most common are cayenne, jalapeño, Thai, habanero, bird's eye and Scotch bonnet.

Besides improving the taste of any meal with their hot flavour, some research has found that chili peppers can have anti-inflammatory, antioxidant, anticancer and blood-glucose regulating effects. How is that? Many of these health benefits have been attributed to capsaicin, the plant compound in chili peppers that makes them "hot" and spicy. Chili peppers are also high in vitamin C, which helps immune function, and they are also an incredible source of vitamin A, which contributes to the maintenance of a strong immune system. Both these vitamins are powerful antioxidants, helping to protect the body from the effects of free radicals generated during stress and illness. Those free radicals contribute to cell damage.



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Fun facts:

While capsaicin may burn and irritate the flesh of mammals, birds are completely immune to its effects. As a result, birds are largely responsible for helping wild peppers spread by eating them and excreting the seeds.

There is a very strict scale for ranking your pepper's hotness. Called the Scoville scale, it's named after a pharmacist named Wilbur Scoville. The mild bell peppers fall within the 1-100 SHU (Scoville Heat Units) side of the scale, while hotter peppers like cayenne are more like 30,000 - 50,000 SHU.

Chipotle and jalapeños are the same plant! Yes, although they have a very distinct taste and look, they both start the same. Chipotle peppers are actually just red jalapeños that have been smoked-dried.

