

ENJOY THE FLAVORS OF THE ARCTIC REGION

Since very few fruits and vegetables are grown in the arctic region, people depend a lot on canned and frozen foods.

When buying canned fruits and vegetables, try these healthy tips:

- ▶ **Canned vegetables**— Make sure to drain and rinse under water for about a minute to get rid of extra sodium.
- ▶ **Canned fruits**— Choose those packed in water or juice instead of syrup.

Follow the MyPlate guidelines to help your family eat well!

- ▶ Fill half your plate with vegetables and fruits
- ▶ Make at least half the grains you serve whole grains, like oatmeal and brown rice
- ▶ Serve fat-free or low-fat (1%) milk and water rather than sugary drinks
- ▶ When buying pre-packaged foods, choose ones low in sodium
- ▶ Don't serve oversized portions

Many people living in the arctic regions of the world often eat fish as part of their daily diets. Popular fish eaten include cod and haddock. These cold water fish contain healthy fats that are good for your heart's health.

OVEN-FRIED COD

Ingredients:

- 2 pounds cod fillets
- ¼ cup fat-free or low-fat milk
- 2 teaspoons garlic, minced
- ½ teaspoon onion powder
- ½ teaspoon pepper
- ¼ teaspoon salt
- ½ cup breadcrumbs (try whole-wheat for added nutrition)



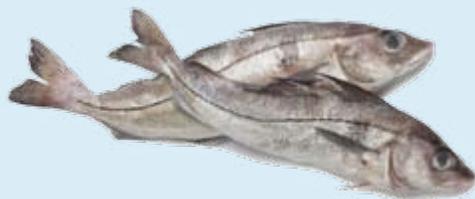
Directions:

Cut fish fillets into 6 pieces. In a bowl, combine milk and garlic. On a plate, combine onion powder, salt and pepper, and breadcrumbs. Dip fillets in milk mixture and then in breadcrumb mixture. Coat on both sides. Place fillets on greased baking dish. Bake at 475° F for 20 minutes.

Yield: 6 servings

Nutrition Information:

Calories 183; Fat 2 grams; Sodium 324 milligrams; Fiber 1 gram



Recipe adapted from NWA 2013 WIC Calendar