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GULF UPDATE



"Is my seafood safe?"

Whether you're cooking at home or dining out, seafood is a smart choice, since many types are high in omega 3s and low in calories. Still, the long-term effect of the oil spill on fish and shellfish from the Gulf of Mexico remains to be seen. Here, some tips for making smart choices at supermarkets or restaurants:

CONCERNED ABOUT...SAFETY?

A ban imposed in early May on fishing in oil-affected waters has likely prevented tainted seafood from reaching your dinner table. However, experts suggest that you might also want to avoid buying frozen crab, shrimp, and oysters from the Gulf, since any of those creatures caught before the ban was imposed are more likely than fish to have retained toxins. Instead, opt for shellfish from the Pacific Ocean or Asia. If you're concerned about the long-term effect that cleanup chemicals will have on seafood (even after the ban is lifted) make some simple swaps: Serving fish fillets? Replace red snapper from the Gulf with rockfish (caught on the West Coast). Eating sushi out? Order Pacific yellowfin tuna rather than bluefin.

CONCERNED ABOUT...RISING PRICES?

You're not alone. Seafood prices have already jumped as a result of the spill, and they're expected to continue to rise. Stretch your dollar by buying seafood on sale and freezing it.

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