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Trout vs. salmon

BY DARLENE ZIMMERMAN HENRY FORD HEALTH SYSTEM

(0)

Research on the health benefits of adding fish to your weekly [menu](#) continues to mount.



A version of this story appears on page 8D of the Sunday, June 27, 2010, print edition of the Detroit Free Press.

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In fact, the studies are so promising that the American Heart Association recommends [eating](#) at least two servings of fish, particularly fatty fish, every week.

Not only is seafood low in artery-clogging saturated fat, it has omega-3 fatty acids, which research has shown make blood platelets less sticky, helping prevent plaque buildup that can lead to heart attacks and strokes.

One heart-healthy fish that tends to get all the glory is salmon. But there are others that are good, as well.

Today's recipe features rainbow trout, which belongs to the same family as salmon. It has a tender but firm flesh and a mild, somewhat nutty [flavor](#).

Arctic char, related to both trout and salmon, is a silver fish living in the [icy](#) waters of North America and Europe. Arctic char has become more commercially available in recent years. Its pink, tender, somewhat sweet flesh is a cross between trout and salmon. It can be used in today's recipe as well.

When purchasing [fresh](#) fish fillets or steaks, buy only fresh seafood that is refrigerated or displayed on thick layers of ice. The flesh should appear moist, shiny and firm. Fish should have a clean, fresh, mild odor that reminds you of the ocean.

Avoid fish that smells fishy, sour or ammonia-like.

HEART SMART is a registered trademark of the Henry Ford Hospital Heart and Vascular Institute. Darlene Zimmerman, MS, RD, is program contact; for questions about today's recipe, call her at 313-972-1920.

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