



## SUPER SALMON DIP

This fishy dish uses tinned salmon (an oily fish) which contains healthy omega-3 fatty acids. Delicious served with raw veg sticks and/or wholemeal pitta bread. So easy for kids to make ... and learn to love fish!



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; use balance/digital scales; beat ingredients together.

**Equipment:** Tin Opener, Fork, Spoon, Bowl, Citrus Squeezer.

### Ingredients (serves 4):

- 100g low-fat soft cheese
- 100g canned salmon (in water)
- 1/2 lemon
- 1-2 tbsp low fat natural yogurt
- Freshly ground black pepper to taste

### Method

1. Open the tin of salmon and drain. Put the salmon in a mixing bowl and mash lightly with a fork.
2. Spoon the low-fat soft cheese into the bowl with the salmon.
3. Squeeze the juice of 1/2 a lemon into the same bowl.
4. Mix all of the ingredients thoroughly together.
5. Add 1 or 2 tbsp low fat yogurt to make the mixture a dipping consistency.
6. Add black pepper to taste and serve with raw vegetable and pitta sticks, or crackers/ breadsticks.



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### Nutrition Information



Source: Public Health England in consultation with the Home Department, Food Standards Scotland and the Food Standards Agency Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about salmon dip ...

**Salmon** is an excellent source of protein, as well as a range of vitamins and minerals. It is an oily fish and so contains high levels of omega-3 fatty acids. These are healthy fats and are very good for our bodies.



**Soft cheese** is an excellent source of protein and calcium. Choose reduced fat varieties where possible.



**Yogurt** is an excellent source of calcium, and a good source of vitamin D for strong teeth and bones.

### Energy, sugar, fat and salt per serving

Per 72g serving

<b>ENERGY</b>	363kJ / 87kcal	4%
<b>FAT</b>	4.4g	6%
<b>SATURATES</b>	2.0g	10%
<b>SUGARS</b>	2.5g	3%
<b>SALT</b>	1.0g	17%

% of an adult's reference intake

Typical values per 100g : Energy 504kJ / 120kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage