

Fresh Fish, What To Look For...

It helps if you can look the fish in the eye.

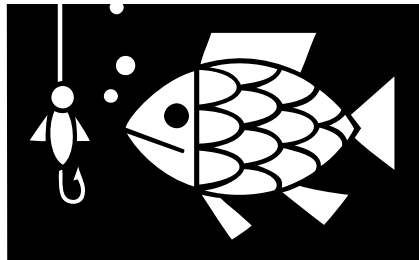
Fresh fish is a highly nutritious, economical addition to any menu. It usually costs less than other protein foods and is easy to prepare—cooking in minutes rather than hours. In addition to seafood and fish markets, many grocery stores now offer a variety of fresh fish for sale. If you recognize the signs of good quality fish you can make better selections.

Follow these guidelines when checking for good quality.

Check the skin of the fish. It should be shiny, almost metallic, with color that has not faded. As the fish decomposes, its skin markings and colors become less distinctive .

Look at the scales of the fish. Scales should be brightly colored and tightly attached to skin. The gills should be red and free from

Fresh fish is a boon to families looking for nutritious, cost-effective meals that can be prepared quickly and very easily.



slime. As fish ages, the gills change color, fading gradually to a light pink, then becoming gray and eventually brownish and greenish .

If the head is still on the fish, check the eyes. They should be bright, clear, transparent and full—often protruding. As the fish decomposes, its eyes become cloudy, and may turn pink and shrink.

The flesh of whole or dressed fish should be firm, elastic and not separated from the bones. Fish fillets should have a fresh cut appearance and color that re-

sembles freshly dressed fish.

Last, but not least, don't forget to check for odor. The odor should be fresh or mild...not fishy.

For more information about buying and using seafood, contact your local county Extension office