

LIVINGWELL

Fish Tacos



Ingredients

- ☛ 1 red onion, chopped
- ☛ 1/2 cup cilantro, chopped
- ☛ 1 cup packaged coleslaw mix
- ☛ 4 4-ounce tilapia fillets (or any white fish)
- ☛ 8 small corn tortillas
- ☛ 1 teaspoon chili powder (more or less to taste)

Directions

1. Clean and chop onion, cilantro, and cabbage. Mix in a bowl and set aside.
2. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
3. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it “flakes” or pulls apart easily when separated with a fork.
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

Nutrition Information

Yields: 4 servings

Serving size: 2 tacos

Calories.....	169
Total fat3g
Saturated fat1g
Cholesterol47mg
Sodium.....	.87mg
Carbohydrates14g
Dietary fiber3g
Total sugars2g
Protein23g

Beat the Heat

Getting outdoors provides opportunities for exercise and boosts your mental health. But as the heat rises, some health risks also increase. Intense heat can put strain on both your body and brain. Too much heat can cause a heat-related illness called hyperthermia.

- ☛ Mild hyperthermia—causes discomfort, like muscle cramps or swelling in the ankles and feet
- ☛ Heat exhaustion—more serious condition occurs when your body can no longer keep itself cool; you may start to feel dizzy, nauseated, feeling thirsty, weak, or uncoordinated
- ☛ Heat stroke—the most extreme form of hyperthermia and is life-threatening; seek medical help right away as symptoms include fainting, difficulty walking, and feeling confused or agitated

Protect Yourself From the Heat and Sun

- ☛ Enjoy outdoor activities during the coolest part of the day, in the early morning or evening
- ☛ Stay in the shade as much as possible during peak sunlight
- ☛ Drink plenty of liquids, especially water, and avoid drinks that contain alcohol or caffeine
- ☛ Wear light-colored, loose-fitting protective clothing, such as hats, long-sleeve shirts, and long pants to block out the sun’s harmful rays
- ☛ Use sunscreen that blocks both UVA and UVB radiation and reapply frequently
- ☛ Use sunglasses that block both UVA and UVB

Fitness Tip



Tips for Your Fitness Watch or Wearable Device

- ☛ Wear the watch on your less dominant arm
- ☛ Take data readings with a grain of salt; heart rate, calorie count, and steps are not 100% accurate
- ☛ Keep it charged
- ☛ Create an accurate user profile with your age, weight, height, and sex
- ☛ Add friends to get inspired, stay accountable, or have a healthy competition