

## Acceptable Fish

Fish is a brain and nerve food, superior to meat and poultry. In purchasing fish, the freshness can be determined by looking under the gills, which should have a bright red hue, and by looking at the eyes, which should be clear, not cloudy. Fish may be baked, broiled or boiled in a stew. Do not fry or cook with fats, except butter.

Salmon	Mullet	Pike
Carp	Fish Roe	Cod
Buffalo	Trout	Shad
Haddock	Sardines	Perch
Bass	Red Snapper	Flounder

Any other SCALED fish is also acceptable.