

## A Smart Calorie Swap

(NAPSA)—For many people, maintaining a healthy lifestyle with a busy schedule can be a challenge. Fortunately, seafood is a delicious yet simple way to serve up protein, omega-3s and flavor without a lot of effort...or extra calories.

“When you’re watching your waistline, seafood is a smart calorie swap,” says Sylvia Melendez-Klinger, Registered Dietitian. “It’s important to find low-calorie options that will help keep you fuller longer, while not sacrificing taste.”



### **Gorton's Skillet Crisp Shrimp brings delicious new flavor to tacos.**

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Seafood makes a flavorful, nutritious meal due to its versatility and can often have fewer calories than other protein options. For example, Gorton's Seafood offers 20 seafood varieties with 200 calories or fewer per serving. Simply Bake Tilapia, Skillet Crisp Shrimp, and Garlic Butter Shrimp Scampi are quick to prepare and tasty to consume. Pair each with a side salad of mixed greens or use in classic favorites such as tacos for a well-balanced and enjoyable meal.

The next time you're looking for something nutritious and delicious to cook, you can check out [www.gortons.com](http://www.gortons.com) for hundreds of recipes that make seafood substitutions simple.