



The Health Benefits of Tuna

High-protein tuna contains omega 3 fats that help reduce risk for chronic disease, and are important for fetus and adult brain health.

3 oz canned/package tuna (in water) provides:

- 100 Calories, 22 gm protein, .5 gm fat, 25 mg cholesterol, no fiber

Potential benefits of consuming 3 oz of tuna 2x/week

- Omega 3 fats lower risk of heart disease, stroke; Lower blood pressure, reduce inflammation; May help prevent obesity
- May reduce risk of cancer, Alzheimer's and other dementia

Note:

- Tuna also contains saturated fat & cholesterol; 3 oz tuna provides 290 mg sodium; Limit portions to 3 oz twice/week
- Tuna can contain mercury, a heavy metal toxin, dangerous for pregnant/nursing women and small children
- Mercury-free sources of omega 3 fats include flax & chia seeds, walnuts & soybeans. Plant sources also provide healthy fiber

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and these sponsors:





Give Them More
— of the —
Good Stuff!

Shop and Save

- ✿ Try store brands of canned tuna. They may be cheaper.
- ✿ Avoid cans that have dents, bulges, or signs of leaking.
- ✿ Weight of tuna cans may vary. Use the shelf sticker to compare cost per ounce rather than cost per can for the best value.
- ✿ Vacuum-sealed pouches cost a little more but have little liquid to drain. They also come in single-serving sizes.
- ✿ Choose tuna canned in water for fewer calories and more omega-3 fats.
- ✿ Look for less sodium. Use the nutrition labels to compare sodium amounts between brands. Rinsing tuna with water will reduce sodium.

Tuna Basics

*Tuna is an excellent source of protein
and contains heart-healthy omega-3 fats.*



*5 ounce can = about 1/2 cup tuna drained
2.6 ounce pouch = about 1/3 cup tuna*

Canned Tuna

Here's what the label can tell you:

Light tuna – tan to tan-pink flesh. Has a softer texture and stronger flavor than albacore tuna.

White or albacore tuna – white to light pink flesh. Has a firm texture and mild flavor.

Solid – large, whole pieces of fish.

Chunk – smaller pieces of fish. Might look shredded. Usually costs the least.

Water pack – water or broth added to the can for processing. Fewer calories even when drained. Pouches contain less added liquid than cans.

Oil pack – vegetable oil or canola oil added to the can for processing. More calories even when drained. Some omega-3 fats may be lost when drained. Pouches contain less added liquid than cans.



☆ Some tuna contains mercury. Pregnant women and young children can safely eat up to 12 ounces per week of canned light tuna or 6 ounces per week of canned white (albacore) tuna.

Contributions by oregonalbacore.org

Store Well Waste Less

- Store unopened cans of tuna in a cool, dry place. Discard cans that show leakage, bulges, or rust.
- Check the 'Best By' date on the cans or pouches and use before the date for best quality.



- Refrigerate leftover tuna in a tightly covered glass or plastic container. Use within 2 days for best quality.

Enjoy Tuna

Tuna Veggie Melt

Ingredients:

- 1 can (5 ounces) **tuna** in water, drained
- 1 stalk **celery**, chopped (about ¼ cup)
- 1 **green onion**, sliced
- ½ cup **carrot**, grated
- 1 Tablespoon **mayonnaise**
- ¼ teaspoon **pepper**
- 3 whole wheat **English muffins**
- ½ cup (2 ounces) grated **cheddar cheese**

Directions:

1. In a small bowl, mix tuna, celery, onion, carrot, mayonnaise and pepper.
2. Top each muffin half with tuna mixture and grated cheese.
3. Broil until cheese melts, about 3 minutes.
4. Refrigerate leftovers within 2 hours.

Makes 6 open-faced melts

Prep time: 10 to 15 minutes

Cook time: 3 minutes

Stovetop Tuna Casserole

Ingredients:

- 8 ounces **egg noodles** (5 cups dry)
- 2 cups **frozen peas**
- 1 can (10.5 ounces) condensed **cream of chicken soup**
- 1 teaspoon **chicken bouillon**
- 1 can (5 ounces) **tuna** in water, drained
- ⅛ teaspoon **pepper**
- ½ teaspoon **onion powder**
- 1 Tablespoon **prepared mustard**
- ⅓ cup nonfat or 1% **milk**

Directions:

1. Cook noodles using package directions. Add peas for last three minutes. Drain.
2. Mix remaining ingredients in a small bowl. Add to noodles and stir well.
3. Cook on low heat, stirring often, until heated through. Serve warm.
4. Refrigerate leftovers within 2 hours.

Makes 7 cups

Prep time: 10 minutes

Cook time: 10-15 minutes

Go to
FoodHero.org
for easy, tasty
tuna recipes

Cilantro Lime Tuna Wrap

Ingredients:

- 3 Tablespoons **lime juice**
- 2 Tablespoons **mayonnaise**
- 2 cans (5 ounces each) **tuna** in water, drained
- ⅔ cup **cilantro**, chopped and loosely packed
- 2 **green onions** or ½ teaspoon onion powder
- 1 cup red **bell pepper**, diced
- 1 **jalapeno**, minced (ribs and seeds removed)
- 5 medium flour **tortillas**
- 5 small **lettuce** leaves or 1 cup shredded lettuce

Directions:

1. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
2. Divide tuna mixture between 5 tortillas. Spread to edges.
3. Top with lettuce and fold or roll into a wrap.
4. Refrigerate leftovers within 2 hours.

Note: No peppers? Use 1 cup diced celery and ¼ cup canned green chilies.

Makes 1 ½ cups filling / 5 wraps

Prep time: 15 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- wipe off can lids before opening.
- use a can opener and safely handle sharp edges.
- mix ingredients together.