Tuna

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

Health Benefits of Tuna

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

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

Potential benefits of consuming 3 oz tuna 2x/week

- Omega 3 fats lower risk of heart disease & stroke; Lower blood pressure, reduce inflammation
- May reduce risk of obesity, 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, dangerous for pregnant/nursing women and small children. Mercury-free sources of omega 3s include flax & chia seeds, walnuts & soybeans, all of which also contain healthy fiber

Healthy Eating Active Living

www.advancedhealth.com/healthy-bytes-initiative

Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.