

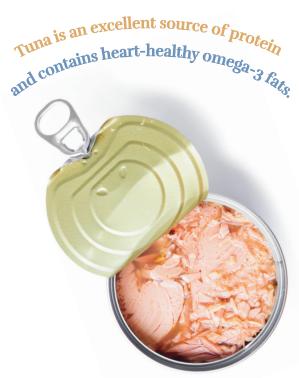


Give Them More Good Stuff!

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.
- Solution 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



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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.





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Enjoy Tuna

Tuna Veggie Melt

Ingredients:

1 can (5 ounces) tuna in water, drained

1 stalk **celery**, chopped (about ½ cup)

1 green onion, sliced

½ cup **carrot**, grated

1 Tablespoon mayonnaise

1/4 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

1/8 teaspoon **pepper**

1/2 teaspoon onion powder

1 Tablespoon prepared mustard

1/3 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
- 2/3 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 ½ cup canned green chilies.

Makes $1\frac{1}{2}$ cups filling /5 wraps

Prep time: 15 minutes



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.