



Give Them More  
of the  
Good Stuff!

# 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*

## 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.

## 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](http://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 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** 1½ 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.