

Jazz Up That Tuna Sandwich

2 servings

Estimated Cost per serving: \$1.20

1 (6 oz) can light tuna in water, drained and flaked
1/2 cup carrots, chopped or shredded
1 medium apple, peeled, cored and coarsely chopped
3 Tbsp "light" mayonnaise
4 slices whole wheat bread, toasted if desired
2 slices tomato



- 1) Combine the tuna, carrot, apple, and mayonnaise in a medium bowl and mix well.
- 2) Spread the tuna mixture evenly over each 2 bread slices.
- 3) Top each with 1 tomato slice and 1 bread slice. Cut in half and serve.

Nutritional Information per Serving: 360 calories, 11g fat, 2g saturated fat, 760mg sodium, 43g carbohydrate, 8g fiber, 26g protein
Pyramid servings: 2 bread/starch, $\frac{1}{2}$ fruit, 1 vegetable, 1 meat
Good source of Vitamins A and C, Iron.

Nutrition notes: Fish is a low fat source of protein that is rich in nutrients. Fish is one of the few foods rich in **omega-3 fatty acids** and research studies have shown that eating fish regularly (such as twice per week) can reduce the chance of death from a heart attack. However, nearly all fish and shellfish contain traces of **mercury** which can be harmful, especially to unborn babies and young children. Some fish and shellfish contain higher levels of mercury and should be limited in the diet.

FDA-EPA Recommendations for Eating Fish or Shellfish:

- Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned "light" tuna, salmon, pollock, and catfish.
- Albacore ("white") tuna has more mercury than canned light tuna. So **limit** your intake to one 6-ounce serving a week.
- **Do not eat** Shark, Swordfish, King Mackerel and Tilefish because they contain high levels of mercury.
- Check with your local or state public health department for advice about the safety of fish caught in local lakes & rivers.
- For more information go to www.epa.gov/ost/fish/.

Questions or concerns??? Contact Rebecca Gruenes, MS, RD, at 389-5689 or rebecca.gruenes@mnsu.edu. Recipe developed by Shannon Perry, MSU Dietetics major, 2/06