



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:

