



Tuna, Chunk Light, Canned

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of canned tuna counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- EPA and DHA are omega-3 fatty acids and can be found in in seafood. Eating 8 ounces of seafood per week may help reduce the risk of heart disease.
- Canned tuna supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Canned tuna is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned tuna can be eaten hot or cold. For a quick and healthy lunch, use canned tuna to make a sandwich or add to a salad.
- For a savory warm meal, add canned tuna to casseroles or soup.

Storing Foods at Home

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened tuna in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Tuna Noodle Casserole

Makes 6 servings

Ingredients:

- 10 ounce package egg noodles
- 2 (10 ounce each) cans condensed cream of celery soup
- $\frac{2}{3}$ cup nonfat dry milk
- $\frac{1}{3}$ cup milk
- 10 ounce package frozen mixed vegetables, thawed
- 2 tablespoon parsley flakes
- 1 (12 ounce) can tuna, drained
- 2 tablespoon butter or margarine, melted
- $\frac{1}{4}$ cup blanched, slivered almonds (optional)

Directions: Wash hands with soap and water.

1. Cook noodles according to package directions. Cook until just tender—do not overcook. Drain.
2. Preheat oven to 400 degrees F.
3. In a large bowl, thoroughly combine soup, milk, vegetables, parsley flakes, and tuna.
4. Fold in noodles.
5. Pour into 9x13 inch baking pan.
6. Top with butter. Toss with almonds, if using.
7. Cook in oven for 30 minutes.

Recipe adapted from University of Kentucky Cooperative Extension Service

Crunchy Tuna Wraps

Makes 4 servings

Ingredients:

- 1 (12 ounce) can tuna, drained
- 1 cup celery, chopped
- 4 tablespoons nonfat salad dressing
- 4 (8-inch each) flour tortillas
- 4 lettuce leaves

Directions: Wash hands with soap and water.

1. In a small mixing bowl combine tuna, celery, and salad dressing.
2. Top each tortilla with a leaf of lettuce.
3. Spoon tuna salad onto each tortilla.
4. Roll tightly and serve.

Recipe adapted from The University of Tennessee Agricultural Extension Service