

Tuna

CREATE
HEALTHY CHOICES



- 1/2 cup of tuna has about 20 grams of protein.
- Great source of healthy fats such as Omega-3s, which may help decrease inflammation.
- Full of nutrients that promote heart health.
- Try a healthy version of a tuna salad sandwich by adding plain yogurt, diced carrots, cucumbers, celery, and your favorite spices. Then top with tomato, spinach, and a slice of cheese.

CREATE SNAP-ED
BETTER HEALTH

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