



WIC...

**Healthy Habits,
Healthy Families**

Canned Tuna

Canned tuna is a good source of protein and B vitamins. Use canned tuna in casseroles, salads and sandwiches.

Buying canned tuna...

- Look for plain, unseasoned, chunk-light tuna packed in water.
- If you like, try tuna in pouches in place of canned tuna.

Storing canned tuna...

- Store unopened cans in a cool, dry place.
- Use unopened cans within 3 years. Avoid freezing or exposure to direct sunlight.
- Do not use canned tuna if the can is rusted, bulging or dented.
- Store opened tuna in a tightly-covered plastic container in the refrigerator. Use within 3 days.

Enjoying canned tuna...

- Canned tuna is already cooked – it just needs to be drained. It can be made into cold or hot dishes.
- Tuna salad made with a dressing can be refrigerated up to 3 days.
- Cooked tuna dishes, such as casseroles, can be frozen up to 2 months.

Tuna/Salmon



Make family meals matter.

Lower the fat.

Tuna Melts

This recipe uses four WIC foods: canned chunk-light tuna, whole-wheat bread, cheese and a fruit you can buy with your cash-value vouchers.

Makes
4
servings

Ingredients...

- 1 (5- to 6-ounce) can chunk-light tuna packed in water, drained and flaked
- 1 tablespoon mayonnaise
- 1 tablespoon celery, finely chopped
- Pepper to taste
- 4 slices whole-wheat bread, toasted
- 1 cup apple, diced
- 4 slices American cheese

Directions...

1. Combine tuna, mayonnaise, celery and pepper to taste.
2. Spread over toast.
3. Top each with $\frac{1}{4}$ cup of the diced apple and one slice of cheese.
4. Broil 6 inches from the heat for about 2 minutes or until the cheese is melted and lightly browned.
5. Serve immediately.

Nutrition information...

Calories 210, Fat 8g, Carbohydrate 21g, Protein 16g, Fiber 3g, Sodium 600mg, Cholesterol 40mg.

Family Goals

- My family and I will try tomatoes stuffed with tuna.
- My family and I will try tuna in a casserole.
- My family and I will try a new tuna recipe.
- My family and I will try tuna melts for lunch.
- Other _____



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