

TUNA FISH CAN BE
MORE THAN JUST A
TASTY TREAT

**IT'S A HEART HERO
PACKED WITH OMEGA-
3 FATTY ACIDS** ▶▶▶



//// Dive into the power of tuna to help support your heart health



Tuna fish can be more than just a tasty treat; it's a heart hero packed with Omega-3 Fatty Acids¹. These powerful nutrients may help reduce the risk of heart disease, lower blood pressure, reduce inflammation and improve cholesterol levels. When you have a serving of tuna, you're not just enjoying a meal—you're embracing a heart-healthy lifestyle.

DID YOU KNOW? ▼▼▼

CANNED TUNA HAS A LOT OF DHA
A TYPE OF **OMEGA-3 FATTY ACID**
IMPORTANT FOR BRAIN AND EYE HEALTH



//// Tuna pairings to “supercharge” your diet!



Adding or swapping a few ingredients can help you increase your daily intake of vitamins and minerals. If you need some ideas, our partners at Kroger came through with some delicious recipes to up your Vitamin A, D, and Omega 3 fatty acid intake.



[Quick, easy and nutritious tuna recipes to try.](#)

¹ USDA Food Data Center, [Tuna fish](https://fdc.nal.usda.gov/fdc-app.html#/food-details/171986/nutrients), <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171986/nutrients>



Fuel yourself right



You need more than just calories to fuel your mind, body and health. You need vitamins and minerals, too. Fruits and vegetables are a great source for many nutrients, but there are some additional foods like fish, which include key nutrients such as vitamin A and D, as well as Omega 3 fatty acids¹ – the so called “healthy fats” – that should be part of your healthy diet.

Fill your plate with color

If you're not sure you are getting all your vitamins and minerals, try to make your plate as colorful as possible! Often the best way to do this is by adding fruits and veggies because they provide lots of health benefits as part of an overall healthy diet:

- Yellow** Sweet peppers are a good source of Vitamin C that can help you absorb the iron found in other food.
- Orange** Carrots are high in vitamin A which can support your vision, cell growth and immune system.
- Red** Tomatoes are a good source of vitamin C and can help support a healthy immune system.
- Green** Broccoli is low in fat and sodium. It is cholesterol and saturated fat free, and a good source of fiber, potassium, and vitamin C. These may help reduce the risk of high blood pressure.

Need help filling nutritional gaps?

You should always try to get your vitamins and minerals from food first. That said, nutritional supplements can help provide the important vitamins and minerals we need to support our overall health and wellbeing.

Take care, now by fuelling your body right:



SCAN CODE FOR
**FREE, HEALTHY &
EASY RECIPES**

**TAKE
CARE,
NOW**

¹USDA Food Data Center, [Tuna fish](https://fdc.nal.usda.gov/fdc-app.html#/food-details/171986/nutrients), <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171986/nutrients>