

Get answers to your nutrition questions
from a place you can trust

EatRight Ontario

Ask us for:

- ✓ Budget-friendly menus and recipe ideas
- ✓ Tips for grocery shopping and planning healthy meals
- ✓ Healthy eating advice for you and your family

Talk to a Registered Dietitian for FREE



Call **1-877-510-510-2** Visit **www.eatrightontario.ca**

ALL ABOUT CANNED SALMON AND TUNA

Canned fish is a nutritious and affordable choice!

Here are 3 easy ways to enjoy canned salmon or tuna:

1. Add a can of salmon or tuna to macaroni and cheese.
2. Wrap tuna or salmon plus your favourite veggies, like shredded carrot or cabbage, in a pita or tortilla. Roll up the pita or tortilla tightly, slice into rounds and enjoy!
3. Mix low-fat mayonnaise and diced onions with canned salmon or tuna. Spoon the mixture into celery stalks for an easy snack.



Healthy eating spotlight:

Try to include at least two servings of fish every week. A serving of fish is 75g or ½ cup (125 mL). It has heart healthy omega-3 fats and protein. If the fish is packed in oil, always drain it well before using.



Find more budget-friendly recipes and factsheets at
www.eatrightontario.ca/en/budget or call **1-877-510-510-2**