



TUNA

Tuna are a saltwater finfish and part of the same family as mackerel. Tuna meat, whether it be fresh or from a can, is a tasty way to get plenty of protein, some “good fats”, and essential micronutrients into your diet including Vitamins A, B12 and D, and minerals Selenium and Iron.

Besides the fact that tuna is low in saturated fat, the high content of omega -3 fatty acids can be protective against heart disease. Further potential benefits of these fatty acids or fish oils include brain function & mental health and assisting in reducing inflammation.

Canned tuna is a great pantry staple for a quick week night meal with pasta or rice, an easy option for sandwiches or adding protein to a salad. You can also stock up on the snack pack varieties with biscuits, corn or beans now available for some healthy food options on the run!

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