

Cranberry Tuna Slaw

Ingredients:

- 4 cups broccoli coleslaw (12-oz. bag)
- 1 can water chestnuts, drained and roughly chopped
- 1/4 cup dried cranberries,
- 1/4 cup light sesame ginger dressing (like Newman's Own Sesame Ginger Dressing)
- One 5-oz. can tuna packed in water
- 1/4 cup chopped scallions

Optional: Sesame seeds

Directions:

1. Place slaw, chopped water chestnuts, and chopped cranberries in a large bowl. Add dressing, and stir to coat.
2. Drain tuna, add to the bowl, and stir to mix. Cover and refrigerate until chilled, at least 15 minutes.
3. Serve topped with scallions and optional sesame seeds.

MAKES 4 SERVINGS

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	125
% Daily Value*	
Total Fat 3.4g	4%
Saturated Fat 0.6g	3%
Cholesterol 15mg	5%
Sodium 88mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 4.7g	17%
Total Sugars 3.1g	
Protein 14.8g	

OMEGA-3s

OMEGA-3s CAN HELP REDUCE THE RISK OF
HEART ATTACKS AND STROKES, PLUS LOWER BLOOD PRESSURE



OMEGA-3 SUPPLEMENTATION CAN BOOST CHILDREN'S IQ BY MORE THAN **3.5** POINTS
(Perspectives on Psychological Science, 2013)



TAKING THE RECOMMENDED DAILY ALLOWANCE OF OMEGA-3s CAN **REDUCE TRIGLYCERIDE LEVELS BY AS MUCH AS 30%**



OMEGA-3 SUPPLEMENTATION HAS BEEN SHOWN TO **REDUCE BOTH SYSTOLIC & DIASTOLIC BLOOD PRESSURE**
(Sources: CDC, Journal of Nutrition)



EATING TWO SERVINGS OF FISH PER WEEK CAN **REDUCE RISK OF STROKE BY AS MUCH AS 50%**



INCREASED DHA IN OLDER ADULTS **REDUCES RISK OF CORONARY HEART DISEASE DEATH BY 40%**
(Annals of Internal Medicine)

OMEGA-3 FATTY ACIDS REDUCE INFLAMMATION. OMEGA-6 FATTY ACIDS PROMOTE INFLAMMATION. THE TYPICAL AMERICAN DIET CONTAINS UP TO 25 TIMES MORE OMEGA-6 FATTY ACIDS THAN OMEGA-3 FATTY ACIDS.

FISH/SHELLFISH IN U.S. BASED ON THEIR OMEGA-3 CONTENT*



CANNED TUNA
0.2 grams
PER SERVING



SHRIMP
0.3 grams
PER SERVING



POLLOCK
0.45 grams
PER SERVING



SALMON
1.5 grams
PER SERVING



COD
0.2 grams
PER SERVING

*Amounts are approximate based on brands, cooking methods and fresh/frozen.

Table 1: Adequate Intakes (AIs) for Omega-3s [5]

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months*	0.5 g	0.5 g		
7–12 months*	0.5 g	0.5 g		
1–3 years**	0.7 g	0.7 g		
4–8 years**	0.9 g	0.9 g		
9–13 years**	1.2 g	1.0 g		
14–18 years**	1.6 g	1.1 g	1.4 g	1.3 g
19–50 years**	1.6 g	1.1 g	1.4 g	1.3 g
51+ years**	1.6 g	1.1 g		

*As total omega-3s

Table 2: Selected Food Sources of ALA, EPA, and DHA [29]

Food	Grams per serving		
	ALA	DHA	EPA
Flaxseed oil, 1 tbsp	7.26		
Chia seeds, 1 ounce	5.06		
English walnuts, 1 ounce	2.57		
Flaxseed, whole, 1 tbsp	2.35		
Salmon, Atlantic, farmed cooked, 3 ounces		1.24	0.59
Salmon, Atlantic, wild, cooked, 3 ounces		1.22	0.35
Herring, Atlantic, cooked, 3 ounces*		0.94	0.77
Canola oil, 1 tbsp	1.28		
Sardines, canned in tomato sauce, drained, 3 ounces*		0.74	0.45
Mackerel, Atlantic, cooked, 3 ounces*		0.59	0.43
Salmon, pink, canned, drained, 3 ounces*		0.04	0.63
Soybean oil, 1 tbsp	0.92		
Trout, rainbow, wild, cooked, 3 ounces		0.44	0.40
Black walnuts, 1 ounce	0.76		
Mayonnaise, 1 tbsp	0.74		
Oysters, eastern, wild, cooked, 3 ounces		0.14	0.23
Sea bass, cooked, 3 ounces*		0.47	0.18
Edamame, frozen, prepared, ½ cup	0.28		
Shrimp, cooked, 3 ounces*		0.12	0.12
Refried beans, canned, vegetarian, ½ cup	0.21		
Lobster, cooked, 3 ounces*		0.04	0.07
Tuna, light, canned in water, drained, 3 ounces*		0.17	0.02
Tilapia, cooked, 3 ounces*		0.04	0.11
Scallops, cooked, 3 ounces*		0.09	0.06
Cod, Pacific, cooked, 3 ounces*		0.10	0.04
Tuna, yellowfin, cooked 3 ounces*		0.09	0.01
Kidney beans, canned ½ cup	0.10		
Baked beans, canned, vegetarian, ½ cup	0.07		
Ground beef, 85% lean, cooked, 3 ounces**	0.04		
Bread, whole wheat, 1 slice	0.04		
Egg, cooked, 1 egg		0.03	
Chicken, breast, roasted, 3 ounces		0.02	0.01
Milk, low-fat (1%), 1 cup	0.01		

Dietary sources of omega-6 fatty acids include:^[40]

- poultry
- eggs
- nuts
- hulled sesame seeds
- cereals
- durum wheat
- whole-grain breads
- most vegetable oils
- grape seed oil
- evening primrose oil
- borage oil
- blackcurrant seed oil
- flax/linseed oil
- rapeseed or canola oil
- hemp oil
- soybean oil
- cottonseed oil
- sunflower seed oil
- corn oil
- safflower oil
- pumpkin seeds