

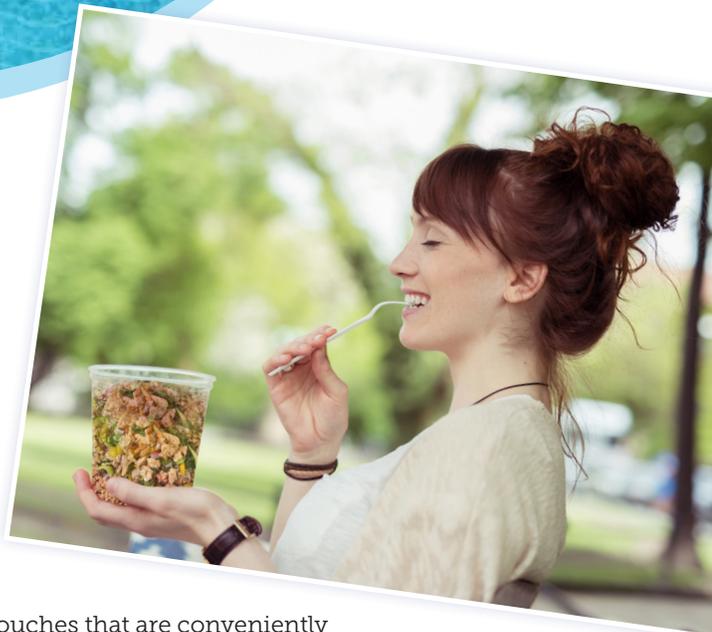
# Easy Ways to Eat Seafood on the Run

Most of us no longer eat three square meals a day; instead we are going round and round all day, from desk-top dining at work to dash-board dining in our cars. But that doesn't mean we're stuck with less-than-nutritious fast food. There are many convenient and tasty ways to eat healthful seafood on the go.

Nearly all of us should be eating more seafood. Seafood literally saves lives. Eating seafood twice a week **reduces the risk of death from any health-related** cause by 17 percent.<sup>1</sup> The recent Dietary Guidelines recommend eating a variety of seafood at least twice a week.<sup>2</sup>

**Here are five ways to eat seafood on the run to nourish your body, not just fill it up:**

- 1. Stock-pile pouches** - Look for handy albacore tuna grab-and-go pouches that are conveniently flavored with herbs and spices. Add whole-grain tortilla chips, lettuce and Greek yogurt to a spicy-flavored pouch for a 'walking fish taco.'
- 2. Update the classic** - The tuna sandwich has nourished generations; don't forget about it! Modernize this classic by mixing up a tuna sandwich filling with crunchy cabbage and spicy Sriracha sauce. Serve with whole grain crackers, on sandwich thins, or wrapped up in rice paper.
- 3. Roll up to the sushi counter** - Take a refreshing walk outside and grab a fresh lunch at the sushi counter located in most supermarkets. Or spend 10 minutes to make your own (recipe below).
- 4. Stack up easy-open cans** - A work day scheduled with many meetings and deadlines can lead to skipping lunch. About 3:00 PM, hunger can hit hard. Reach into your desk for an easy-open can of white albacore tuna to nourish your mind with brain-boosting omega-3 fats. Each 5-ounce can contains only 120 calories, a whopping 26 grams of satisfying protein and over 1000 mg of omega-3 fats (DHA + EPA.)
- 5. Hot cups of nutrition** - To-go-cups of chunk white tuna can be kept handy, along with cups of instant noodles. Warm up the noodle cup with hot water, then add the cup of tuna along with just a sprinkle of the sodium-bomb seasoning packet from the noodle soup. The tuna will add great flavor and extra nutrition to this no-cook fish and noodle stew.



<sup>1</sup>Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. JAMA. 2006;296:1885-99

<sup>2</sup>U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 - 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

# Seafood on the Run *continued*

## DIY Albacore Sushi

### Ingredients:

- 3 tablespoons garlic hummus
- 1 tablespoon wasabi mayonnaise
- juice of 1 lemon (about 2 tablespoons)
- 4 sheets nori (seaweed) wrappers
- 3/4 cup julienned cucumber
- 3/4 cup julienned carrots
- 1 (5-ounce) can Chicken of the Sea® Albacore Tuna in Water
- 1/4 teaspoon sea salt

### Directions:

1. In a small bowl, stir together hummus, mayonnaise and lemon juice. Spread this mixture atop nori seaweed wrappers.
2. Arrange a small pile of cucumbers and carrots atop the hummus, top with albacore. Salt lightly. Working gently, roll the nori to create a sushi roll. If desired, use a bamboo mat to guide this process.
3. With a sharp knife, cut into pieces. Enjoy immediately!

**TOTAL TIME:**  
**10 MINUTES**

**SERVINGS:**  
**4**

### NUTRITION:

Calories 100  
Fat 4.5g  
Protein 9g  
Carbs 6g  
Sodium 330mg  
Sugar 3g



Recipe provided by Chicken of the Sea®

## Tuna Avocado Toast

### Ingredients:

- 2 slices whole grain bread
- 1/2 avocado, seeded, peeled, and sliced
- 1 (5-ounce) can Chicken of the Sea® Solid White Albacore Tuna in water, drained and flaked
- 1 medium tomato, sliced or chopped
- Pinch salt
- Pinch black pepper

### Directions:

1. Toast the bread. Arrange the avocado slices on the bread followed by the flaked tuna. Top with the tomato. Sprinkle with salt and pepper and serve.

**TOTAL TIME:**  
**5 MINUTES**

**SERVINGS:**  
**2**

### NUTRITION:

Calories 230  
Fat 9g  
Protein 21g  
Carbs 18g  
Sodium 380mg  
Sugar 3g



Recipe provided by Chicken of the Sea®