

Tuna for Mom's and Baby's Health

**Eating tuna and other seafood has big benefits for babies.
In fact, government researchers recommend:
Pregnant women should eat more fish.¹**

Researchers have found that when pregnant or nursing moms eat a minimum of 8-12 ounces (or about 2-3 servings) of a variety of seafood per week it can have positive benefits:

- Babies have improved brain wellness.²
- Babies have better overall eye wellness.³
- Babies experience 5.8 more IQ points.⁴
- Moms feel better during pregnancy. Eating seafood during pregnancy may have beneficial effects on mental well-being.⁵
- Eating seafood is good for mom's and baby's heart health.⁶

**Often, advice to eat seafood during pregnancy also comes with limitations.
The FDA has advised:**

Pregnant and nursing mothers should eat 12 ounces of fish per week for the health of their babies, avoiding: shark, swordfish, tilefish, and king mackerel as these four specific fish can be higher in mercury.

But guidelines on which fish *not* to eat can be confusing! Sometimes it's difficult to remember which seafood should be avoided. So here are a few tips.

Four Easy Things to Remember About Eating Seafood During Pregnancy:

- 1. If you find fish in the supermarket, it's safe for you and your baby.** Supermarkets rarely carry the four fish (mentioned above) which are higher in mercury. These fish aren't only very difficult to find, they're also not commonly eaten; these four fish *together* account for only 1/2 of 1 percent of total US fish consumption.
- 2. What about mercury?** Seafood is a rich source of the antioxidant selenium which helps mitigate any affects from mercury intake. Light canned tuna contains 90 mcg of selenium – or more than 100% of the Daily Value per 4 ounce serving. If the body has sufficient selenium, mercury is not an issue. According to researchers⁷, **the real risk is not getting enough seafood.**
- 3. The health benefits of eating seafood outweigh any concerns.** Some recommendations include limiting albacore tuna, but a 2014 FDA report on the positive effects of fish found that moms would need to consume more than 12 cans of albacore per week to reach unsafe levels of mercury.⁸
- 4. Fat in a baby's brain is made up of omega-3s.** Seafood is one of the only natural dietary sources rich in the omega-3 fatty acids, EPA and DHA, which are essential for brain and eye development. Tuna has 150–300 mg of EPA/DHA omega-3 fats per 4 ounce serving – or about 60-120% of the recommended 250 mg.

Pregnant and nursing women should eat a minimum of 8-12 ounces per week of a variety of fish, according to the 2015 Dietary Guidelines for Americans as consumption of DHA omega-3 fats are associated with improved infant health outcomes.⁹



¹New Advice: Pregnant Women and Young Children Should Eat More Fish. FDA Consumer Update Page, June 10, 2014. Accessed 12/9/15: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm397443.htm>

²Hibbeln JR, Davis JM, Steer C, Emmett P, Rogers I, Williams C, Golding J. Maternal seafood consumption in pregnancy and neurodevelopmental outcomes in childhood (ALSPAC study): an observational cohort study. *Lancet*. 2007;369(9561):578-85

³Hibbeln JR, Davis JM, Steer C, Emmett P, Rogers I, Williams C, Golding J. Maternal seafood consumption in pregnancy and neurodevelopmental outcomes in childhood (ALSPAC study): an observational cohort study. *Lancet*. 2007;369(9561):578-85

⁴FDA. Quantitative Assessment of the Net Effects on Fetal Neurodevelopment from Eating Commercial Fish (As Measured by IQ and also by Early Age Verbal Development in Children). Accessed 8/24/15: <http://www.fda.gov/Food/FoodbornIllnessContaminants/Metals/ucm393211.htm>.

⁵Golding J, Steer C, Emmett P, Davis JM, Hibbeln JR. High levels of depressive symptoms in pregnancy with low omega-3 fatty acid intake from fish. *Epidemiology*. 2009 Jul;20(4):598-603.

⁶Scientific Report of the 2015 Dietary Guidelines for Americans Committee. Accessed 12/9/15: <http://www.health.gov/dietaryguidelines/2015-scientific-report/>

⁷Nick Ralston and scientists at the University of North Dakota's Energy and Environmental Research Center <http://www.seafoodsource.com/news/food-safety-health/q-a-nick-ralston-university-of-north-dakota>

⁸Calculation assumes 4oz edible tuna/drained can. Table A-11 on page 145. FDA Quantitative Assessment of the Net Effects on Fetal Neurodevelopment from Eating Commercial Fish <http://www.fda.gov/Food/FoodbornIllnessContaminants/Metals/ucm393211.htm>

⁹U.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/>.



Tuna for Mom's *continued*

Cucumber Tuna Bites

Ingredients:

- 2 (5 ounce) cans or 1 (12 ounce) can Chicken of the Sea® Chunk Light Tuna in Water, drained
- 1/4 cup ricotta cheese
- 3 tablespoons lemon juice
- 2 tablespoons minced fresh basil
- 1 tablespoon olive oil
- 1 tablespoon capers, drained
- 1 tablespoon minced garlic
- 1/8 teaspoon salt
- 2 cucumbers, sliced into 1-inch rounds

Directions:

1. In a large bowl, combine everything except the cucumber.
2. Cover and refrigerate.
3. Serve on cucumber slices.

Yield: about 20 appetizers.

TOTAL TIME:
10 MINUTES

SERVINGS:
5

NUTRITION:

Calories 80
Fat 3g
Protein 7g
Carbs 6g
Sodium 135mg
Sugar 3g



Recipe provided by Chicken of the Sea®

Bloody Mary Tuna Salad

Ingredients:

- 1/2 cup V-8® Vegetable Juice
- 1/2 cup celery, diced
- 1 1/2 tablespoons horseradish
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon fresh ground pepper
- 2 (5 oz) cans Chicken of the Sea® Premium Select Solid White Albacore Tuna in Water, drained

Directions:

1. In a bowl, mix the vegetable juice, celery, horseradish, Worcestershire sauce and ground pepper.
2. Gently flake and fold in the tuna, mixing until all ingredients are coated.
3. Chill until ready to serve.

TOTAL TIME:
30 MINUTES

SERVINGS:
4

NUTRITION:

Calories 80
Fat 1.5g
Protein 17g
Carbs 2g
Sodium 280mg
Sugar 1g



Recipe provided by Chicken of the Sea®

