

Too hot to cook?
make tuna or salmon salad:

Mix canned tuna or salmon with mayonnaise and/or plain yogurt. Add other seasonings as desired.

Eating 8 to 12 ounces of canned salmon or light tuna (not albacore) is an easy way to get the health benefits of fish for you and your baby during pregnancy and while breastfeeding.

- Serve on a cracker.
- Wrap in a lettuce leaf.
- Add to tossed salad.
- Mix with cooked, cooled pasta and chopped veggies.

Fish has omega-3 fatty acids—important nutrients that help your child grow.



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