

Tuna Salad

NUTRITION INFORMATION

HEALTH BENEFITS OF TUNA

- QUALITY SOURCE OF OMEGA-3 FATTY ACIDS WHICH ARE BENEFICIAL FOR BRAIN HEALTH AND JOINT MOBILITY. IT IS ALSO A GREAT SOURCE OF PROTEIN, SELENIUM AND VITAMIN D. IT IS LOW IN CHOLESTEROL AND SODIUM.

HEALTH BENEFITS OF RED ONION

- RICH IN VITAMIN C
- ANTI-INFLAMMATORY PROPERTIES
- AIDS IN THE REDUCTION OF LDL "BAD" CHOLESTEROL AND TRIGLYCERIDES.
- RICH IN ANTIOXIDANTS.
- ASSISTS IN BALANCING BLOOD GLUCOSE LEVELS.
- ANTIBACTERIAL PROPERTIES
- BOOSTS DIGESTIVE HEALTH.

HEALTH BENEFITS OF CORN

- A RICH SOURCE OF B GROUP VITAMINS, ZINC, MAGNESIUM, COPPER AND NON-HEME IRON.

HEALTH BENEFITS OF BLACK BEANS & CHICKPEAS

- BLACK BEANS ARE RICH IN IRON, PHOPHORUS, CALCIUM, MAGNESIUM, COPPER & ZINC. THEY ARE LO IN SODIUM, HIGH IN FIBRE AND RICH IN SELENIUM WHICH HELP TO PREVENT AND MANAGE CHRONIC CONDITIONS SUCH AS DIABETES, HEART DISEASE AND SYMPTOMS OF CONSTIPATION.
- CHICKPEAS ARE A QUALITY SOURCE OF PLANT PROTEIN AND DIETARY FIBRE. THEY ARE HIGH IN RESISTANT STARCH WHICH PROMOTES INSULIN SENSITIVITY. KEY NUTRIENTS SUCH AS FOLATE (B9), CALCIUM, MAGNESIUM AND POTASSIUM. QUALITY POLYUNSATURATED FATS (WHICH HELP TO LOWER LDL ("BAD" CHOLESTEROL), OMEGAS 3 AND 6 WHICH IS IMPORTANT FOR BRAIN HEALTH AND FUNCTION.

HEALTH BENEFITS OF CUCUMBER

- RICH IN VITAMIN B, C AND K.
- PROMOTE HYDRATION DUE TO WATER CONTENT.

HEALTH BENEFITS OF ICEBERG LETTUCE

- ICEBERG LETTUCE PROVIDES TRACES OF MICRONUTRIENTS WHILST SIGNIFICANTLY CONTRIBUTING TO HYDRATION DUE TO ITS WATER CONTENT. THIS IS PARTICULARLY BENEFICIAL FOR KIDNEY, LIVER AND DIGESTIVE HEALTH.

- 1 SMALL TIN TUNA IN SPRINGWATER
- 1/4 SMALL RED ONION - SLICED
- 1 SMALL TIN CORN KERNELS
- 1 SMALL TIN BLACK BEANS OR CHICKPEAS
- 1/4 TELEGRAPH CUCUMBER - DICED
- 1 CUP BABY SPINACH OR ICEBERG LETTUCE
- 6 CHERRY TOMATOES - HALVED OR 1 TOMATO - DICED.

DRESSING:

- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON OLIVE OIL

- DRAIN AND RINSE TUNA, BEANS/PEAS AND CORN.

- COMBINE ALL SALAD INGREDIENTS TOGETHER IN A BOWL.

- SHAKE OLIVE OIL AND LEMON JUICE TOGETHER IN A SMALL CONTAINER. POUR OVER SALAD.

NOTES

- RAW ONION CAN CAUSE STOMACH UPSET IN SOME PEOPLE. IF THIS IS THE CASE PLEASE DO NOT INCLUDE IN YOUR MEAL.

