

San Diego Union Tribune

Portion Patrol: TUNA

Tuna is a good catch at mealtime

July 31, 2007

Today's favorite food: The health benefits of this popular fish are consistently being touted as heart-and mind-boosting, but is the “chicken of the sea” really as good for you as it sounds – and, does preparation matter?

“Both canned tuna and tuna steak are OK,” says **Lisa Young, Ph.D., R.D.**, author of *“The Portion Teller Plan.”* “Both are high in protein and contain omega-3 fatty acids.”

Still, there are certain things to keep in mind when popping open a can of tuna for lunch or ordering an ahi steak at your favorite restaurant.

“For tuna salad, watch the mayonnaise – stick with one tablespoon, the size of half a walnut in its shell,” Young adds. “The serving size should be three ounces for both tuna salad and tuna steak. Watch the portion size, because tuna contains mercury.”

Also, be sure to choose the tuna that is packed in water instead of oil for a low-fat option.

Tuna falls into the meat and beans category of the U.S. government's food pyramid. Most active adults are recommended to consume 5-to 6 1/2-ounce equivalents of meat and beans per day.

New government diet regulations make constructing your daily dietary intake as simple as building an actual pyramid. But with help visualizing portion sizes, at least some of the mystery surrounding your favorite foods can be solved. Visit www.MyPyramid.gov for more information.

– CHRISTINA ORLOVSKY

One serving tuna

3 ounces = one small can = a deck of cards or the palm of your hand

Canned

Calories: 99

Carbohydrates: 0 g

Fat: 0.7 g

Protein: 21.7 g

Fresh, yellow fin (raw)

Calories: 92

Carbohydrates: 0 g

Fat: 0.8 g

Protein: 19.9 g

■ Source: CalorieKing.com