



# WHY EAT



## Canned Fish?

Canned fish is a delicious way to add budget-friendly protein to your meals.



# Why eat Canned Fish?

## 1 They are inexpensive

One serving of canned fish can cost as little as one dollar, making it an affordable, healthy option.

## 2 They contain healthy fats

Canned Fish is a good source of omega-3 fats. Omega-3 fats help in lowering inflammation and the risk of heart disease. Omega-3s are especially important during pregnancy as they help with the baby's brain and eye development.

## 3 They are a great source of protein

One serving of canned fish (55g) contains 12 grams of protein. Protein helps us to feel full and satisfied after meals.







# Why eat Canned Fish?

## 4 They are versatile

Canned tuna, salmon, sardines, and mackerel can be used in many recipes. Try adding them to salads, soups, curries, quesadillas, omelets, pasta dishes, or fish cakes!

## 5 They have a long shelf life

Canned fish can be stored for up to 5 years! .

## 6 They are rich in vitamins and minerals

Canned fish is a good source of vitamin B12 and iron which keeps your blood cells working properly. They are also good source of vitamin D and calcium that are needed for strong bones.



## What about mercury?

All fish naturally contain small amounts of mercury.

When it comes to canned fish, the ones of concern are canned albacore and white chunk tuna. These species of tuna are higher in mercury and should be limited to<sup>1</sup>:

- **150g/week** for the most people
- **150g/month** for pregnant or breastfeeding people
- **125g/month** for children aged 5 – 11-year-old
- **75g/month** for children aged 1-4 years old

Try to choose cans that say “light tuna”. Cans of “light tuna” have Skipjack, Yellowfin, or Tongol - these species are lower in mercury<sup>2</sup>.

### For more information on mercury in fish, see:

- The Government of Northwest Territories webpage on [fish consumption guidelines](#).
- To see an interactive fish advisory map of the NWT, visit the [NWT Map of Fish Consumption Notices](#)
- The Government of Canada’s webpage on [Mercury in Fish](#).

## Buying Canned Fish

- Look for canned fish in water with no sodium added.
- For the best calcium value, choose canned fish with bones and skin.

1 [www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish.html](http://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/chemical-contaminants/environmental-contaminants/mercury/mercury-fish.html)

2 *Mercury in Fish*, Government of Canada



# Salmon Patties

**Preparation Time:** 15 minutes

**Cooking Time:** 20 minutes

**You'll need:** can opener, large mixing bowl, measuring cups and spoons, cutting board, knives, large mixing spoon, grater, baking sheet, flipper spatula.

**Makes:** 6 servings

## Ingredients

- 1 cup panko or breadcrumbs
- 1 small onion, grated
- 1 garlic clove, finely minced
- 2 cans pink salmon in water, drained (roughly 400g)
- 2 green onions, finely sliced
- 1 teaspoon dried dill
- 2 eggs
- 1/2 cup parmesan, grated
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Directions

- 1 Preheat oven to 400° Fahrenheit.
- 2 Mix breadcrumbs and grated onion in a bowl.
- 3 Add garlic clove, green onions, dried dill, eggs, parmesan, salt, and pepper to the breadcrumb mixture. Mix well.
- 4 Add salmon to the mixture. Mix gently, leaving flakes of salmon.
- 5 Scoop up 1/4 cup of the mixture, Form round patties (about 1.5 cm thick), and set aside.
- 6 Coat the baking sheet with cooking oil or spray with cooking spray.
- 7 Place salmon patties on the baking sheet. Do not press patties down.
- 8 Bake for 15 minutes. Flip. Bake for 5 minutes.
- 9 Serve with sour cream or plain greek yogurt on the side for dipping.





# Mediterranean Tuna Salad

**Preparation Time:** 20 minutes

**Cooking Time:** 5 minutes

**You'll need:** whisk, can opener, medium and large mixing bowls, measuring cups and spoons, colander, grater, knives, cutting board, medium skillet, mixing spoons.

**Makes:** 6 servings

## Ingredients

**2 teaspoons** yellow mustard  
Grated zest and juice of **1 lemon**  
**1/4 cup** olive oil  
**1 teaspoon** dried dill  
**1/4 teaspoon** salt  
**1/4 teaspoon** pepper  
**2 cans** light tuna in water, drained (roughly 400g)  
**1 14 oz can** chickpeas, drained and rinsed  
**1** English cucumber, chopped (or 2 bell peppers)  
**1 pint** cherry tomatoes (or 2 shredded carrots)  
**1 head** romaine lettuce, chopped

## Directions

- 1** Make the dressing: Whisk the mustard, lemon zest, and lemon juice in a small bowl. Slowly whisk in the olive oil until well blended. Whisk in the dill, 1/2 teaspoon salt, and pepper to taste.
- 2** Toss the tuna, chickpeas, cucumbers, and tomatoes with 1/4 cup of the dressing into a medium bowl.
- 3** Toss the romaine with the remaining dressing and divide it among bowls. Top with the tuna salad.



# Sardine Pasta

**Preparation Time:** 15 minutes

**Cooking Time:** 15 minutes

**You'll need:** large pot, colander, large skillet, knives, cutting board.

**Makes:** 8 servings

## Ingredients

**8 ounces** dry pasta

**2 tablespoons** oil

**1 medium** onion, chopped

**1 cup** any vegetable (red bell pepper, frozen green beans, etc.)

**3 cloves** garlic, crushed

**1 medium** lemon, juiced

**1 (3.75 ounce)** can sardines in tomato sauce

**2 tablespoons** tomato paste

**1/4 cup** Parmesan cheese

**1 pinch** red pepper flakes, or to taste

## Directions

- 1 Bring a pot of water to boil for the pasta. Once boiling, add the pasta and continue to boil until the pasta is tender.
- 2 Drain the pasta in a colander.
- 3 While the pasta is cooking, add the oil and onion to a large skillet. Sauté over medium heat for about 3 minutes or until it is soft and fragrant, not browned.
- 4 Add the crushed garlic and vegetables. Sauté for another 3 minutes.
- 5 Pour in the sardines with their tomato sauce and the tomato paste, stir to combine, and cook until heated through, about 3 minutes. Reduce the heat to low and keep at a simmer.
- 6 Drain pasta, add to sauce, and stir to combine. Cover, turn off the heat, and let stand for 3 minutes. Squeeze lemon over top and divide onto eight serving plates. Garnish with Parmesan and red pepper flakes.