

031-TUNA PORRIDGE**NUTRITION SUMMARY**

Nutrient		Value per serving (529g)	%RDI*
Total Calories	(kcal)	351	
Carbohydrates	(g)	42	14
Protein	(g)	22.5	45
Total fats	(g)	11	17
Saturated fats	(g)	2.18	10.8
Cholesterol	(mg)	20.70	6.9
Vitamin B1	(mg)	0.09	6.23
Vitamin B3	(mg)	2.33	11.64
Vitamin C	(mg)	20.7	34.5
Manganese	(mg)	0.49	24.7
Iron	(mg)	2.48	13.78
Copper	(mg)	0.25	12.61
Sodium	(mg)	550	28

*Based on 2000Cal diet

Comments: This healthy porridge made with nutritious Tuna, an excellent source of the **omega-3 fatty acids**, lean protein, potassium, selenium, and vitamin B12 has wide range of health benefits including from reducing symptoms of depression and ADHD to relieving joint pain, protecting the heart, promoting brain health and boosting the immune system. This dish also contributes good source of B vitamins **that** maintain and build red blood cells and increase energy levels. Including tuna porridge in your diet is a healthy and delicious way to stay fit and lose weight.