



A nutrition Fact Sheet



CANNED MEATS AND FISH

Canned meats are fully cooked during the canning process. The most common canned meats are tuna, salmon, chicken, and pork. Some people even can their own meat and wild game. Try canned meat in soups, meat pies, one dish meals, or in a sauce over rice or noodles.



Nutrients

Canned meats are a good source of protein, which is needed for growth and repair of body tissues. Meat also provides iron and B vitamins. Iron carries oxygen to your cells. The B vitamins help the body get energy from food.

How to Use

Removing meat from the can: Wipe any dust or dirt off the top and bottom lids. Using a can opener, take off the top lid. Use a fork to transfer the meat out of the can.

Reducing the salt: Canned meats are high in salt. When used in recipes, you usually add less salt than the recipe says to add. You can also rinse the meat in a strainer to remove the excess salt.

Removing the fat: You may want to take off any extra fat from around the canned meat. There are two ways to take off extra fat:

- **If you want to use the canned juices:**
Chill the unopened can of meat so that the fat gets hard. Use a spoon, fork, or knife to remove the chunks of fat.
- **If you do not want to keep the canned juices:**
Rinse the meat with hot water in a strainer.

How to Store

Before the can is opened, store the can in a cool and dry place.

After the can has been opened, store in the refrigerator. It is best to put unused meat in a covered container that is not metal. Metal containers are safe to use, but give a strange flavor and color to foods stored in them. Use leftover canned meat within five days of opening. Leftover canned meat can also be frozen.

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Salmon Patties

Yield: 6 servings • Serving Size: 1 patty and 1 bun

1 can (15 ounces) skinless salmon	½ cup chopped onion
1 Tablespoon lemon juice	2 medium eggs, beaten
Cold water	⅓ cup bread crumbs
¼ cup finely minced celery (optional)	2 Tablespoons flour
1 Tablespoon minced bell pepper (optional)	Pepper to taste
	1 Tablespoon vegetable oil
	6 whole wheat hamburger buns

1. Drain salmon liquid into a measuring cup, add lemon juice and enough cold water to the salmon liquid to make ½ cup. Set aside until step #5.
2. Place salmon in a separate mixing bowl.
3. Add celery, bell pepper, and onion to the salmon.
4. In a separate bowl, beat the eggs. Add the eggs to the salmon mixture.
5. Add the bread crumbs, flour, pepper, and the salmon liquid mixture to the salmon mixture and stir until all ingredients are mixed together.
6. In a skillet or pan over medium-high heat, heat up the vegetable oil.
7. Fill a measuring cup with salmon mixture to ⅓ cup and gently place in skillet or pan. Repeat to make 6 portions.
8. With spatula, flatten each portion on the skillet or pan into ½ inch thick patties.
9. Cook patties for about 5 minutes on each side or until golden brown.
10. Remove patties from skillet and place on a clean paper towel to drain.
11. Serve immediately with the whole wheat hamburger buns.

Adapted from Eating Smart • Being Active Cookbook

Open-Faced Tuna Melt Sandwich

Yield: 4 servings • Serving Size: 1 open-faced sandwich

2 6-ounce cans light, unsalted tuna, canned in water, drained	4 slices whole wheat bread (or whole grain rolls, English muffins, or pita bread)
1 bunch green onion, chopped or ⅓ cup chopped onion	4 slices tomato (1 medium tomato)
6 Tablespoons lowfat plain yogurt	4 slices (3 ounces) cheddar cheese
⅓ teaspoon black pepper	
⅓ teaspoon garlic powder	

1. Preheat oven to 350° F.
2. In a medium bowl, combine tuna, onion, yogurt, pepper, and garlic powder. Mix well.
3. Spoon about one-fourth of the tuna mixture on each piece of bread, spreading nearly to the edge. Add a tomato slice.
4. Bake 5 minutes.
5. Add a cheese slice on top of each sandwich and return to oven for another 5 minutes or until cheese is melted and bread is toasted.

Nutrition Facts

6 servings per container
Serving size 1 patty and 1 bun
(149g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 530mg	23%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 10mcg	50%
Calcium 106mg	8%
Iron 2mg	10%
Potassium 398mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

4 servings per container
Serving size 1 sandwich (216g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 320mg	14%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 258mg	20%
Iron 2mg	10%
Potassium 423mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.