



Tuna-Carrot Spread

Ingredients:

- 1 can (6 ounces) chunk light tuna in water, drained
- 1 carrot, grated
- 2 tablespoons light mayonnaise
- 2 tablespoons onion, chopped
- 2 tablespoons cilantro, chopped

Directions:

Mix all ingredients well and spread on whole wheat bread or crackers.

Yields about 4 servings

Nutrition Facts	
Serving Size (70g)	
Servings Per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 80mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 11g	
Vitamin A 50%	Vitamin C 2%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 37g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Analysis based on recipe without bread or crackers included	

Tuna-Carrot Spread with Avocado

Ingredients:

- 1 can (6 ounces) chunk light tuna in water, drained
- 1 carrot, grated
- ½ medium avocado, mashed
- ½ teaspoon lime juice (to prevent avocado from browning)
- 2 tablespoons onion, chopped
- 2 tablespoons cilantro, chopped

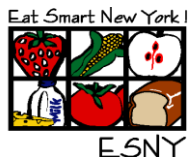
Directions:

Mix all ingredients well and spread on whole wheat bread or crackers.

Yields about 4 servings

Nutrition Facts	
Serving Size (89g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 35mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 12g	
Vitamin A 50%	Vitamin C 6%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 37g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Analysis based on recipe without bread or crackers included	

Source: Cornell University Cooperative Extension in New York City



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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