



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Seafood offers big benefits for kids (of all ages)!



Let the kids in on the fun by making these pinwheels together. What kid doesn't love to play with their food?

Fish and shellfish have nutrients, vitamins and omega-3s that are essential for a strong body. They help with brain development, to building strong bones and immune system, plus a healthy heart. Just 2 servings a week of seafood is recommended to achieve these benefits. With all the challenges from COVID-19, including whether kids will return to school in-person or virtually, getting more seafood into their diets to reap the health benefits shouldn't be hard. The brain is made up mostly of fat, so boosting the amount of omega-3 fats consumed will help grow the brain and allow kids to do better with school tasks. Let seafood be one part of the solution to your concerns about whether your kids are getting the most out of their schooling (whatever form it takes throughout the pandemic).

Kid - Friendly Tuna Pinwheels

Ingredients:

- 1 can Bumble Bee Chunk Light Tuna
- 2 tablespoons plain Greek yogurt
- 1/8 teaspoon garlic powder
- Optional: salt and pepper
- 1/2 cup carrots, shredded
- 1 avocado, sliced
- 2 whole wheat wraps



Directions:

- Drain Bumble Bee Tuna well and mix together with yogurt and garlic powder.
- Option to season with salt and pepper.
- Lay one tortilla flat and lay rows of ingredients, one in front of the other: 1/2 tuna mixture, 1/4 cup carrots, 1/2 avocado.
- Pick up edge of wrap that goes the same direction as the rows and roll it over ingredients, wrapping as tightly as possible as you go.
- Repeat with second tortilla and remaining tuna, carrots and avocado.
- Slice wrap into about 8-10 slices, each about 1 inch thick.

Recipe source: <https://www.bumblebee.com/recipes/kid-friendly-recipes>