



Useful nutrition tips from
Natalie Greene, RD

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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MERCURY RISING

Do you know the temperature of the raw tuna you eat?

We recommend 2-3 fish meals a week for heart healthy benefits . Sushi is a popular way to meeting that goal.

New data has raised concerns that tuna sushi contains extremely high levels of Mercury.

Mercury contamination can be quite severe and we can take 5 easy steps to lessen our risks of contamination from tuna.

1. Don't make sushi a daily indulgence.
2. Avoid sushi made from bluefin or Ahi Tuna, this contains the most amount of mercury.
3. Choose raw fish low in mercury like squid, trout, uni, tako.
4. Fresh tuna used to cook and not eat raw contains 3x less mercury than the raw kind.
5. Consider other seafood choices lower in mercury like salmon, shrimp, catfish, canned light tuna.

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