



Healthy Fats

Did you know fats can be part of a healthy eating plan? Just remember to choose your fats wisely! Replace “bad” fats (saturated and *trans* fats) with good fats (unsaturated). And balance the total amount of calories you eat with the amount of calories you burn. Fruits and veggies can help you fill up while eating less calories and saturated fat. Learn more at heart.org/fats.

Some sources of good fats include nuts and seeds, nontropical vegetable oils, fatty fish (such as tuna, mackerel, salmon, and sardines), and avocados! Try this healthy recipe for a lunch as colorful as it is delicious:

Tuna-Stuffed Avocados with Corn Salsa

- 2 ears corn, shucked
- 1 Tbsp. water
- 1 cup chopped tomato (about 1 medium tomato)
- 1/2 cup chopped cilantro
- 2 Tbsp. finely chopped red onion
- 1 Tbsp. finely chopped jalapeño
- 2 Tbsp. lime juice (more if needed)
- 1 12.6-ounce pouch chunk light tuna in water
- 1/2 cup chopped celery
- 1/3 cup fat-free, plain Greek yogurt
- 1 Tbsp. lemon juice (more if needed)
- 1/4 tsp. ground black pepper
- 3 avocados



- 1 Slice the kernels off 2 ears of corn. Add corn into a heatproof container with 1 tablespoon water, cover, and heat until cooked, about 1 to 2 minutes. Cool to use in the salsa.
- 2 Prepare the other ingredients, chopping the tomato, cilantro, red onion, jalapeño, and celery. Add all except celery into a bowl, along with the corn and lime juice.
- 3 Stir together to combine. Taste, adding more lime juice or jalapeño depending on desired taste. Let sit for flavors to mingle.
- 4 In a separate medium bowl, stir together the tuna, celery, yogurt, lemon juice, salt, and pepper. Mix in the prepared corn salsa.
- 5 Halve and remove the pit from each avocado. Drizzle a little lemon juice on the top of each half to prevent browning. Spoon filling into each half, packing as much into each one as possible. (If the pit doesn't leave a large enough "cup" for the tuna, spoon a tiny bit of the avocado out.)
- 6 Serve immediately or cover and refrigerate before serving.

6 servings; half an avocado per serving

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Nutrition Facts	per serving
Calories	273
Total Fat	15.8 g
Saturated Fat	2.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.2 g
Monounsaturated Fat	10.1 g
Cholesterol	31.9 mg
Sodium	292 mg
Total Carbohydrate	18.2 g
Dietary Fiber	8.0 g
Sugars	4.5 g
Protein	18.6 g
Calcium	0.0 mg

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