

## Toast with Tuna and Tomato (1 serving)

### Ingredients:

White bread	2 slices
Tuna in brine	1/2 can
Low-fat mayonnaise	1 Tbsp
Tomato	1 piece

### Methods:

1. Wash the tomato and cut it into slices.
2. Mix tuna and mayonnaise.
3. Toast the bread.
4. Spread tuna on one piece of the toast, then put on the sliced tomato.
5. Put another toast on top, cut into half to serve.

### Dietitian's Tips:

- Tuna is rich in polyunsaturated fatty acids (omega-3), which is essential for the brain development, growth of the retinol and nerve system, as well as prevention of cardiovascular diseases.
- It is advised to choose tuna in brine rather than tuna in oil so as to reduce fat intake.
- Apart from fibre, tomato is also rich in lycopene, an anti-oxidant that reduce the effect of free radicals.
- White bread can be replaced by wholemeal bread so as to increase fibre intake

### Other Tips:

Food prepared should be consumed as soon as possible, do not leave at room temperature for a long time (e.g. more than 2 hours). If the food prepared is not for immediate consumption, store in a refrigerator.

### Nutrient Analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
306.4	25.9	10.1	27.1	3.2	33.8

\*the above data is general information for reference.