

# Food For Thought

## Tuna Then And Now

(NAPSA)—Americans are hooked on tuna. Eighty-five percent of U.S. households report they consume the well-favored fish—and it's estimated each consumer eats an average of three pounds of canned tuna per year.

That may be because tuna is low in calories and high in protein and omega-3 fatty acids (a nutrient found to be good for virtually everything from heart health to skin appearance)—or perhaps tuna is popular because it is so versatile.

The fish has long been used in salads, main dishes, appetizers, eaten straight from the can and in sandwiches. However, popular tuna recipes have changed throughout the years. Here's the tale of tuna:

### THEN

In 1952, Americans tended to favor tuna and noodles or creamed tuna on toast. When top-three brand Chicken of the Sea introduced its famous icon, the Mermaid, tuna casserole was frequently served at dinner tables across the country.

### NOW

Today's gourmets get a bit more creative, whipping up such dishes as tuna nicoise, tuna tapenade and tuna chowder. However, recipes are not the only thing that has changed. Chicken of the Sea has introduced innovations such as one-serving, easy-open cans, and no-drain



**The Mermaid first appeared in tuna ads in 1952.**

vacuum-packed pouches. Some products even do the work for you like the new Tuna Salad Kit.

With all of the changes one thing remains the same, consumers can expect to see the Mermaid's smiling face for the next 50 years. Tuna lovers can find some modern-day twists on old tuna favorites at [www.chickenofthesea.com](http://www.chickenofthesea.com).