

Tasty tuna cakes good for digestive tract:

Fish rich in omega-3 fatty acids can have an anti-inflammatory effect on the body, especially the digestive tract. Eating fish, like salmon and tuna, on a regular basis can help reduce inflammation caused by inflammatory bowel disease (IBD).

Fish high in omega-3 fats are excellent, high-protein foods to eat during IBD flares as they are typically well tolerated.



**Find more resources at
clevelandclinic.org/nutrition**

Recipe created by Digestive Disease Institute registered dietitians.

Tuna Cakes

Makes 4 servings

2 cans water-packed tuna,
drained

½ cup panko (Japanese
breadcrumbs)

¼ cup carrots, diced

¼ cup celery, diced

¼ cup 2% (low-fat)
cheddar cheese, shredded

3 tablespoons nonfat or
light mayonnaise

2 tablespoons mustard
(preferably Dijon)

3 tablespoons dried Italian
seasoning



1. Combine all ingredients in a bowl.
Mix until all ingredients are evenly distributed.
2. Form 4 patties. Place them in a nonstick pan or a pan lightly coated with cooking spray. Cook on medium heat until patties are slightly browned on both sides.
3. Place patty in a whole-wheat English muffin or serve by itself.
Garnish with tomato, spinach and onion, if desired.

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 171
Protein: 21 g
Carbohydrate: 6 g
Dietary Fiber: 0 g

Sugar: 1 g
Total Fat: 6 g
Saturated Fat: 1 g
Cholesterol: 30 mg

Sodium: 304 mg
Potassium: 209 mg
Calcium: 62 mg
Iron: 1 mg