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WORLD TUNA DAY

4 Benefits of Tuna's Omega-3 Fatty Acids

4 BENEFITS OF TUNA'S OMEGA-3 FATTY ACIDS

- 1. Keeps our hearts healthy**
- 2. Builds strong muscles & reduces stiffness**
- 3. Reduces stress & steadies our moods**
- 4. Helps our brains to focus, remember & concentrate**