

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