



Love the taste every time.

READY TO SPRING CLEAN YOUR DIET?

This spring, your home doesn't have to be the only thing that gets a touch of spring cleaning. Your meals and snacks could probably use a scrub, too - clearing away artificial ingredients and hard-to-pronounce additives.

"Reducing your consumptions of ultra processed foods is one of the best things you can do for your health", explains Registered Dietitian and popular food blogger Abbey Sharp. "A diet based in whole foods can help you think better, feel better, sleep better, look better and move better."

Recognizing the importance of fewer, simpler product ingredients, Clover Leaf Seafoods has launched a reformulation of their extensive line-up of products. Beginning in March 2017, all Clover Leaf tuna in water products will be made with only three ingredients: tuna, water and sea salt. The reformulated products contain no preservatives or additives and will bear Clover Leaf All Natural branding and non-GMO project verified seal on the cans.



GETTING STARTED: A CLEAN LUNCH Quick & Clean Open-Faced Avocado Tuna Sandwich

"A lot of people think it takes a major commitment to eat all natural foods", says Registered Dietitian and popular food blogger Abbey Sharp. "But really, you can get started by undertaking some simple swaps."

For lunch, Abbey suggests swapping a typical sandwich, which can be loaded with processed protein and sauces with artificial ingredients, for a delicious and nutritious open-faced avocado tuna sandwich.

INGREDIENTS:

- | | |
|---------------------------------------|---------------------|
| 2 slices Ezekiel bread | 1 tbsp Greek yogurt |
| 1 can of Clover Leaf All Natural Tuna | Spinach |
| 1/4 ripe avocado, smashed | Sliced tomatoes |
| 1 tsp lemon juice | Shredded carrots |
| | Sliced cucumber |

PREPARATION

1. In a medium bowl, mash together the Clover Leaf All Natural Tuna and the avocado.
2. Add remaining ingredients, except the bread, and mix well.
3. Serve on top of the bread slices, as an open-faced sandwich.

ABOUT CLOVER LEAF TUNA IN WATER PRODUCTS:

Clover Leaf is proud to announce a reformulation of their product line-up. Beginning in March 2017, all Clover Leaf tuna in water products will be made with only three ingredients: tuna, water and sea salt.

- Clover Leaf All Natural Tuna in water is available in three varieties: skipjack, yellowfin and albacore. A low sodium version is also available, which contains only tuna and water without any added salt.
- Clover Leaf All Natural Tuna in water is gluten-free, non-GMO project verified, BPA-free and contains no preservatives or additives.
- Very high in protein and as nutritious as fresh or frozen fish.
- Every can of Clover Leaf All Natural Tuna in water is fully traceable through Clover Leaf's Trace My Catch initiative. Consumers can trace the source of the tuna right back to the boat by entering a code found on their can at: <http://www.cloverleaf.ca/trace-my-catch>.

Clover Leaf All Natural Tuna in water products are available at retailers across Canada and range in pricing from \$1.99 to \$3.99.

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