



# SARDINES

Developed by Healthy Start for Mom & Me and  
supported by the Manitoba Government, 2020.





# WHAT ARE SARDINES?

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## Question

What are sardines?

## Answer

- Sardines are small, oily, silver coloured fish.
- Sardines can be 15 to 30 centimeters long.
- They can be bought fresh, frozen, **canned (most common)**, pickled, dried or smoked.





**WHAT ARE  
SOME HEALTH  
BENEFITS OF  
EATING  
CANNED  
SARDINES?**

## Question

What are some health benefits of eating canned sardines?

## Answer

### In pregnancy & for babies:

- **Protein, iron, zinc and vitamin D** from sardines are nutrients that are important for **baby's growth** and development.
- **Omega 3** fats from sardines help **baby's brain** develop.
- Sardine bones have **calcium** which help **mom** and **baby** build strong bones and healthy teeth. **\*\*For baby: crush sardine bones well with a fork\*\***





**WHAT ARE THE DIFFERENT  
TYPES OF CANNED  
SARDINES?**

## Question

What are the different types of canned sardines?

## Answer

Sardines can be canned in **water**, **mustard sauce**, **tomato sauce**, or **oil**

Sardines packed in **water** taste and smell less fishy

Sardines in **oil**, **mustard sauce**, & **tomato sauce** have higher amounts of salt





**WHAT SHOULD YOU LOOK FOR WHEN  
CHOOSING CANNED SARDINES?**

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## Question

What should you look for when choosing canned sardines?

## Answer

When choosing canned sardines, make sure that:

The “**Best Before**” date  
hasn’t passed



The cans are **not**  
**dented** or **bulging**



HOW SHOULD  
CANNED  
SARDINES BE  
STORED?

## Question

How should canned sardines be stored?

## Answer

- Store the **cans** in a **cool, dry place**
- Use sardines before the '**best before**' **date**; usually lasts about 1 year
- Unused sardines from opened cans will keep for **2 days** in a container in the **refrigerator**



**HOW SHOULD CANNED  
SARDINES BE PREPARED?**

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## Question

How should canned sardines be prepared?

## Answer

**Eat as is! No cooking necessary.**



If packed in oil, rinse under water before use



WHAT ARE  
SOME WAYS  
SARDINES  
CAN BE  
EATEN?

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## Question

What are some ways sardines can be eaten?

## Answer

**Alone** as a main protein option



In a **casserole**



In a **salad**



In a **sauce**



With **crackers**



In a **sandwich**





# HOW SHOULD SARDINES BE PREPARED FOR BABIES?

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## Question

How should sardines be prepared for babies?

## Answer

For babies, sardines should be **mashed**



Try **mashing** the sardines and putting them on toast!



ARE CANNED  
SARDINES  
HIGH IN  
MERCURY?

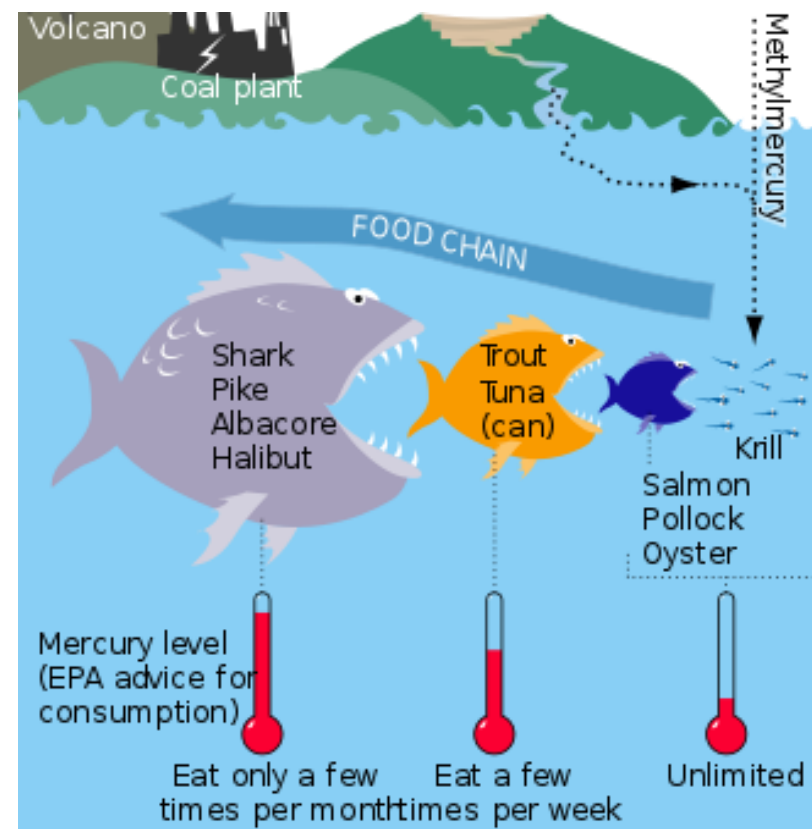
## Question

Are canned sardines high in mercury?

## Answer

No. They are **low** in mercury

Sardines are a small fish that feed on plankton, which is why they have only **small amounts of mercury**. They are safe for pregnant women and babies to eat\*.



\* Government of Canada. (2009). Retrieved from <https://www.canada.ca/en/health-canada/services/publications/food-nutrition/prenatal-nutrition-guidelines-health-professionals-fish-omega-3-fatty-acids-2009.html#wb-cont>