

Memes.



**Texas Removes Mask
Mandate To Scare All The
Californians Away**

Memes.

Health Benefits of Tuna Fish



Nutrients*

Protein 60%
Fat 10%
Calories 9%

Vitamins*

Vitamin B12 181%
Niacin 53%
Vitamin A 50%

Minerals*

Selenium 67%
Phosphorus 33%
Magnesium 16%



Aids in weight loss



Helps to strengthen cell membranes



Boosts immune system and energy levels



Protects skin and kidneys against infections



Reduces risk of breast, colon and kidney cancer



Helps to reduce risk of developing depression in women



Promotes growth and development of muscles and body



Helps to reduce blood pressure and risk of heart diseases



Aids in improving blood circulation and metabolism in body



Helps to prevent inflammatory diseases such as arthritis and gout