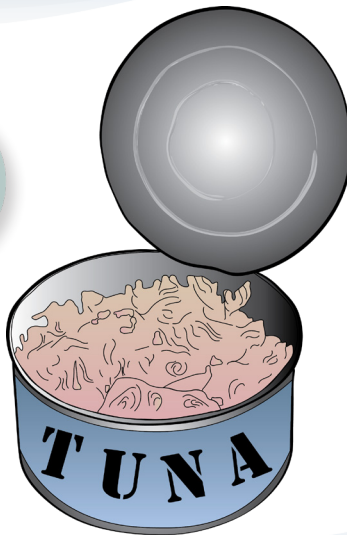


Canned Tuna Nutrition

White Tuna in Water



Calories
109 kcal

Protein
20.1 g

Cholesterol
35.7 mg

Vitamin
B12
0.99 μ g

Iron
0.83 mg

Selenium
55.8 μ g

Sodium
320mg

Omega-3
0.73 g

Saturated
Fat
0.67 g

Total Fat
2.5 g

The nutrition information provided is for a 3 oz serving of canned white tuna in water from the United States Department of Agriculture's (USDA) FoodData Central database.



Want more detailed nutritional information for your seafood?
Check out FoodData Central (fdc.nal.usda.gov).



Want to learn more about U.S. fisheries management and sustainability?
Check out FishWatch (www.fishwatch.gov).



Want more seafood resources?
Check out www.nyseagrant.org/seafoodmarketing

