

Canned Albacore Tuna

Nutrition Facts

Serving Size 3.5 ounces (100 g)

Amount per Serving

Calories 190 Calories from Fat 90

% Daily Value

Total Fat 10 g **15%**

Saturated Fat 3.5 g **18%**

Cholesterol 35 mg **12%**

Sodium 330 mg **14%**

Total Carbohydrate 0 g **0%**

Dietary Fiber 0 g

Sugars 0 g

Protein 24 g **48%**

Vitamin A 0% **Vitamin C** 0%

Calcium 0% **Iron** 2%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total fat	Less than	65 g	80 g
Sat fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 ▪ Carbohydrate 4 ▪ Protein 4