

TUNA 101

WILD TUNA

There are many different species of tuna, but only a few of them will find their way into a shelf-stable pouch or can. Here's a little information about the types of tuna you'll find in the supermarket.

SKIPJACK

"Light tuna"

- Found worldwide — tropical and warm waters
- 8–20 inches, 4–15 lbs.
- Most commonly used in StarKist® canned and pouch tuna



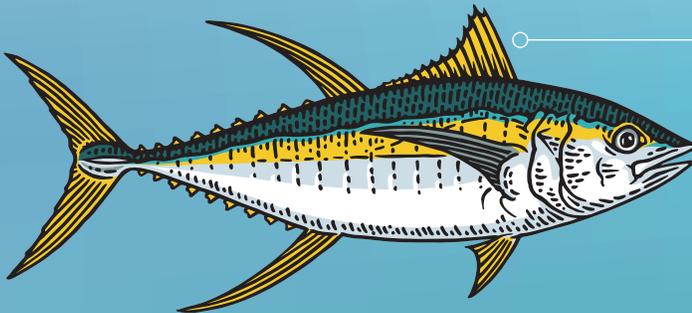
58% OF TUNA CAUGHT

YELLOWFIN

"Light tuna"

- Tropical waters
- 15–65 inches, 20–200 lbs.
- Premium tuna

28% OF TUNA CAUGHT



BIGEYE

"Light tuna"

- Temperate waters
- 16–67 inches, up to 375 lbs.

8% OF TUNA CAUGHT

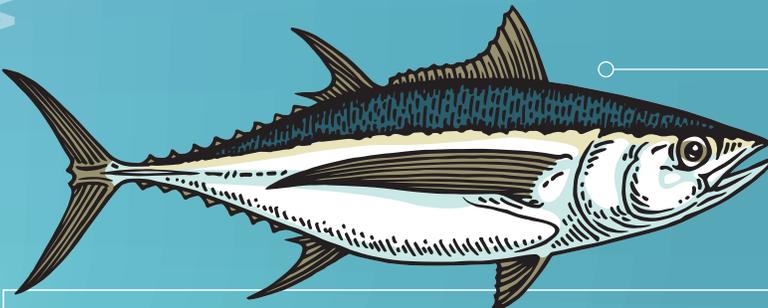


ALBACORE

"White tuna"

- Found worldwide — tropical and warm waters
- 15–40 inches, 20–40 lbs.
- Only species allowed to be labeled "white"

6% OF TUNA CAUGHT



SEAFOOD FACTS

Consumers are often concerned about eating seafood, and approximately 90% of Americans do not meet the recommendation for seafood consumption. Americans are only eating 1/4 of the recommended amount, but it has been shown to be an important part of a healthy dietary pattern that supports long-term health.¹

- Two servings (8 oz.) of seafood a week have been shown to reduce the risk of heart disease and stroke.²
- The omega-3s DHA and EPA are important for infant brain and eye development. It is recommended for pregnant women to eat 8-12 oz. of fish lower in mercury per week.³
- Tuna is one of the richest sources of selenium in the diet. 3 oz. of canned tuna provides over 100% DV of selenium.
- Selenium is a powerful antioxidant. It is necessary for thyroid function and helping the body fight free radical damage.⁴
- Seafood also contains key B-vitamins to support energy metabolism and vitamin D to support calcium absorption and bone health.^{5, 6}
- Light tuna and albacore tuna are classified as "best" and "good" seafood choices, respectively. Both are well below the FDA's 1 ppm recommendation.⁷

¹ Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov.

² Omega-3 in fish: How eating fish helps your heart. The Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/omega-3/art-20045614>

³ Coletta, JM, et al. Omega-3 Fatty Acids and Pregnancy. Rev Obstet Gynecol. 2010 Fall; 3(4): 163-171.

⁴ National Institutes of Health: Selenium Fact Sheet for Consumers. <https://ods.od.nih.gov/factsheets/Selenium-Consumer/>

⁵ National Institutes of Health: Vitamin D Fact Sheet for Consumers. <https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>

⁶ National Institutes of Health: U.S. National Library of Medicine. Medline Plus: B Vitamins <https://medlineplus.gov/bvitamins.html>

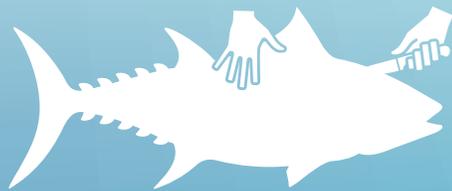
⁷ Advice about Eating Fish www.FDA.gov/fishadvice



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WILD TUNA

COOKING & CLEANING PROCESS – mostly done by hand



1. The fish are thawed, pre-cooked and butchered.



2. The loins are cleaned and separated by size.



3. The loins are inspected.

CAN FILLING

Chunk and Solid Pack

1. The tuna loins are hand-loaded into a conveyor that feeds into an automated can-filling machine.
2. The can is vacuum-sealed.
3. The can is placed in a retort, a large pressure cooker, and heated.



POUCH FILLING

1. The tuna loins are chunked.
2. Water, oil and/or spices are added. All ingredients are hand-mixed.
3. Each pouch is hand-filled through a funnel.
4. The pouch is vacuum-sealed.
5. The pouch is placed in a retort, a large pressure cooker, and heated.
6. Every pouch is hand-inspected.



Our seasoned, single-serve pouches make it easy to include seafood in your diet.



All StarKist® Tuna is wild caught. We do not use farm-raised tuna.



StarKist Co. is committed to protecting dolphins and was the first company to adopt a dolphin-safe policy in April 1990.



Most StarKist® products are gluten-free. We recommend checking product ingredients for the most current information.



Most StarKist® products are soy-free. We recommend checking product ingredients for current label information.

LIGHT TUNA VS. ALBACORE TUNA (White Meat)

LIGHT TUNA

Color: Light tan to pink

Texture: Tender, similar to a chicken thigh

Taste: Tuna flavor

Nutrition: Good source of lean protein, vitamin B and D, selenium and omega-3s

Mercury: Classified as “low,” well below the FDA’s 1 ppm; skipjack is the lowest

WHITE TUNA

White to light pink

Firm, similar to a chicken breast

Mild tuna flavor

Same as light meat tuna but slightly higher in fat and omega-3s

Classified as “moderate,” well below the FDA’s 1 ppm