

ANATOMY OF THE POUCH.

Vitamin D

A nutrient deficient in most Americans' diets, vitamin D is found naturally in very few foods. Fatty seafood, like tuna and salmon, are some of the few natural sources of vitamin D.¹ We know vitamin D has an important role in helping the body absorb calcium to build strong bones and teeth. Additionally, research is showing it plays an increasing role in immune function and inflammation, possibly helping to reduce the risk of many chronic diseases. A pouch of tuna or salmon provides 4%–25% of the Daily Value for vitamin D.

Vitamin B

Seafood is a rich source of a number of B vitamins including niacin, B6 and B12, all of which play important roles in energy production, metabolism and cell growth and repair.

Selenium

Ocean fish is one of the richest sources of the powerful antioxidant selenium. Along with its role as an antioxidant, it is essential for normal thyroid and immune system function, and most recently has been found to sequester mercury by binding to it and making it unavailable for absorption. Scientists have found that diets rich in selenium reduce the neurotoxic effects of mercury.^{2,3} Tuna is an excellent source of selenium providing 50% to over 100% of the Daily Value.

Nutrition Facts	
Serving size 1 pouch (74g)	
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 35mg	12%
Sodium 150mg	7%
Total Carbohydrate 0g	0%
Protein 17g	31%
Vitamin D 2mcg	10%
Iron 0.5mg	2%
Potassium 240mg	6%
Niacin	50%
Vitamin B6	6%
Vitamin B12	40%
Selenium	120%
Not a significant source of Dietary Fiber, Total Sugars, Added Sugars, and Calcium.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: LIGHT TUNA, WATER, VEGETABLE BROTH.
CONTAINS: FISH (TUNA)



For more information about the health benefits of seafood, visit StarKist.com/Healthy-Living

Lean Protein

Sources of protein are widely available in checkout aisles, vending machines and drive-through windows. Delicious and convenient sources of lean protein with lower fat, calorie and sodium content are difficult to find. Our pouches make it easy to get delicious lean protein that is critical for building and repairing body tissue and muscles. A StarKist® Tuna or Salmon pouch provides 13–18g of protein.

Omega-3s DHA & EPA

Research has shown that people who eat more seafood have lower rates of heart disease and stroke.⁴ Omega-3 fatty acids reduce inflammation and may help lower the risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (memory and performance) and behavioral function.⁵ The IOM recommends an average of 110–160mg of DHA & EPA a day.⁶ A StarKist® Tuna or Salmon pouch provides 110–240mg of DHA and EPA omega-3 fatty acids.

1. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

2. Ralston, N.V.C, Raymond, L.J. Dietary Selenium's Protective Effects Against Methylmercury Toxicity. Toxicology. 2010. 278:112-123.

3. Afonso, C, et. Al. Benefits and Risks Associated with Consumption of Raw, Cooked and Canned Tuna based on the Bioaccessibility of Selenium and Methylmercury. Environmental Research. 2015. 143:130-137.

4. Del Gobbo L. C, et al. Omega-3 Polyunsaturated Fatty Acid Biomarkers and Coronary Heart Disease Pooling Project of 19 Cohort Studies. Jama 2016. 176(8): 1155-1166

5. <http://www.umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>

6. Formerly Institute of Medicine <http://www.nationalacademies.org/hmd/>