

NUTRITION FACTS

Serving Size: 10 inch Tuna

SERVINGS: 1

Amount Per Serving

Calories 805

Calories From Fat 180

% Daily Value

Total Fat 20g 31%

Saturated Fat 7g 35%

Cholesterol 78mg 26%

Sodium 2190mg 91%

Total Carbohydrates 100g 33%

Dietary Fiver 8g 32%

Sugars 7g

Protein 58g 116%

Vitamin A 31% Vitamin C 34%

Calcium 42% Iron 43%

**Percent daily values are based on a 2,000
Calorie diet. Your daily values may be higher
Or lower depending on your calorie needs:**

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4