

NUTRITION FACTS

Serving Size: 6 inch Tuna

SERVINGS: 1

Amount Per Serving

Calories 360 **Calories From Fat 35**

% Daily Value

Total Fat 4g	6%
Saturated Fat 0g	0%
Cholesterol 20mg	7%
Sodium 935mg	40%
Total Carbohydrates 60g	20%
Dietary Fiver 5g	20%
Sugars 8g	
Protein 23g	46%

Vitamin A 34% **Vitamin C 38%**

Calcium 32% **Iron 26%**

**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