## OREGON TUNA

Tuna is the second most popular type of seafood in the United States. White meat tuna is from the albacore tuna. It has a lighter colored flesh, a firmer texture, and a milder flavor than light meat tuna, which comes from the skipjack, yellowfin, tongol, or big-eye tuna species.



Tuna are cleaned and frozen or put on ice just minutes after they are caught.

> Oregon albacore tuna are relatively small, weighing 10-30 pounds.

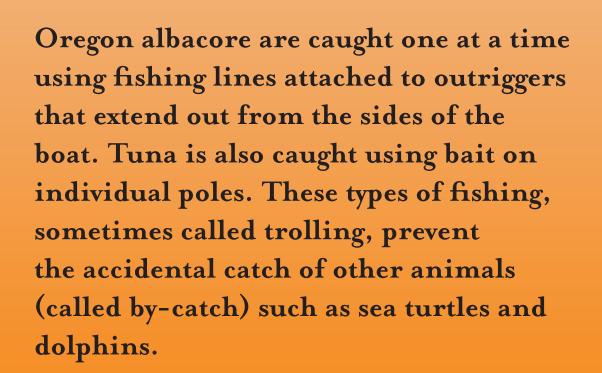
## NUTRIENTS FOUND IN TUNA

- ~ Tuna is an excellent source of protein.
- Tuna contains selenium, a mineral that plays a key role in metabolism.
- Tuna is one of the few foods that naturally contain vitamin D. Vitamin D is needed for absorbing calcium and building strong bones.









Fresh tuna can be purchased at stores or right from the dock during the summer and early fall months when the annual catch along the Oregon coast occurs. Frozen and canned fish are available year-round.

This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can helpyou buy nutritious foods for a better diet. To find out more, contact Oregon SafeNetat 211. USDA is an equal opport unity provider and employer. (c) 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veteransstatus. Oregon State University Extension Service is Regulated Discover State Universit

On average, American's eat 2.3 pounds of canned tuna per person each year.

