

# 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.

## 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.

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



Oregon albacore are caught one at a time using fishing lines attached to outriggers that extend out from the sides of the boat. Tuna is also caught using bait on individual poles. These types of fishing, sometimes called trolling, prevent the accidental catch of other animals (called by-catch) such as sea turtles and dolphins.



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.



On average, Americans eat 2.3 pounds of canned tuna per person each year.

