

# Tuna

Serving Size 3 oz/raw

---

## Amount Per Serving

---

**Calories** 122 Calories from Fat 38

---

**% Daily Value\***

---

**Total Fat** 4g 6%

---

Saturated Fat 1g 5%

---

Trans Fat

---

**Cholesterol** 32mg 11%

---

**Sodium** 33mg 2%

---

**Total Carbohydrate** 0g 1%

---

Dietary Fiber 0g 0%

---

Sugars 0g

---

**Protein** 20g

---

---

Vitamin A 37% • Vitamin C 0%

---

Calcium 1% • Iron 5%

---

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. © www.NutritionData.com



[www.ginc.com](http://www.ginc.com)