

hfg guide to tuna

your checklist for canned tuna

OMEGA-3

- ✗ DHA, EPA and total Omega-3 not stated
- ✓ **Good:** 0.2g per 100g stated on pack
- ✓ **Better:** > 0.2g per 100g stated on pack

SATURATED FAT

- ✓ <4g per 100g saturated fat. Less is better

SODIUM

- ✓ <400mg per 100g. Less is better

TUNA IN WATER OR OIL	TICKS	% TUNA	NUTRITION PER 100G DRAINED		TASTE COMMENTS
Sealord tuna in olive oil 185g pack \$2.85  HFG PICK	✓ ✓	73%	831kJ 2.1g sat fat 141mg sodium	26g protein 0.5g omega-3	Nice flavour; would work well in a salad
Select tuna chunks in brine 185g pack \$2.39 	✓ ✓	76%	460kJ 0.2g sat fat 500mg sodium	25g protein 0.2g omega-3	Mild and salty
Trident tuna in spring water 185g pack \$2.49 	✗ ✓	81%	410kJ <1g sat fat 390mg sodium	23g protein omega-3 not stated	More 'fishy' flavour; Smaller chunks; good for sandwiches
Weightwatchers tuna in springwater 95g pack \$1.68  HFG PICK	✓ ✓	65%	460kJ 0.5g sat fat 240mg sodium	25g protein 0.3g omega-3	Mild flavour; good-sized chunks
FALVOURED TUNA	TICKS	% TUNA	NUTRITION PER 100G		TASTE COMMENTS
ChopChop! tuna with lite mayo 85g pack \$2.41 	✗ ✓	65%	633kJ 1.1g sat fat 460mg sodium	19g protein omega-3 not stated	Creamy; good for sandwiches
Greenseas tuna – lime & cracked black pepper 95g pack \$1.89 	✓ ✓	59%	315kJ 0.4g sat fat 330mg sodium	15g protein 0.2g omega-3	Lovely, fresh, zingy lime flavour
Pacific Crown tuna – mild Thai curry flavour 95g pack \$1.67 	✗ ✓	50%	516kJ 0.5g sat fat 300mg sodium	13g protein omega-3 not stated	Mild spicy flavour
Pams tuna – lemon pepper 185g pack \$2.89 	✗ ✓	66%	659kJ 2g sat fat 420mg sodium	15g protein omega-3 not stated	Mild lemon and pepper flavours
Sealord tuna in satay sauce 185g pack \$2.54  HFG PICK	✓ ✓	45%	783kJ 3.8g sat fat 260mg sodium	16g protein 0.3g omega-3	Authentic satay flavour
Sealord tuna spread 90g pack \$1.85 	✗ ✓	23%	798kJ 2.8g sat fat 640mg sodium	7g protein omega-3 not stated	Good in a club sandwich; nice flavour