

Full Report (All Nutrients) 15121, Fish, tuna, light, canned in water, drained solids (Includes foods for USDA's Food Distribution Program)
Report Date: August 24, 2019 00:39 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	3.0 oz 85g	1 can 165g	1 cup, solid or chunks 154g	1 can (12.5 oz), drained 315g
Proximates									
Water 1	g	78.14	24	0.190	22.15	66.42	128.93	120.34	246.14
Energy	kcal	86	--	--	24	73	142	132	271
Energy	kJ	361	--	--	102	307	596	556	1137
Protein 1	g	19.44	24	0.160	5.51	16.52	32.08	29.94	61.24
Total lipid (fat) 1	g	0.96	24	0.020	0.27	0.82	1.58	1.48	3.02
Ash 1	g	0.95	24	0.020	0.27	0.81	1.57	1.46	2.99
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Minerals									
Calcium, Ca 1	mg	17	24	0.000	5	14	28	26	54
Iron, Fe 1	mg	1.63	24	0.060	0.46	1.39	2.69	2.51	5.13
Magnesium, Mg 1	mg	23	24	0.000	7	20	38	35	72
Phosphorus, P 1	mg	139	24	0.000	39	118	229	214	438
Potassium, K 1	mg	179	24	1.000	51	152	295	276	564
Sodium, Na 1	mg	247	24	10.000	70	210	408	380	778
Zinc, Zn 1	mg	0.69	24	0.030	0.20	0.59	1.14	1.06	2.17
Copper, Cu 1	mg	0.050	24	0.001	0.014	0.043	0.083	0.077	0.158
Manganese, Mn 1	mg	0.019	24	0.001	0.005	0.016	0.031	0.029	0.060
Selenium, Se 1	µg	70.6	4	--	20.0	60.0	116.5	108.7	222.4
Fluoride, F 2	µg	18.6	1	--	5.3	15.8	30.7	28.6	58.6
Vitamins									
Vitamin C, total ascorbic acid	mg	0.0	5	0.000	0.0	0.0	0.0	0.0	0.0

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Thiamin 1	mg	0.030	4	--	0.009	0.025	0.050	0.046	0.094
Riboflavin 1	mg	0.084	4	--	0.024	0.071	0.139	0.129	0.265
Niacin 1	mg	10.136	4	--	2.874	8.616	16.724	15.609	31.928
Pantothenic acid 1	mg	0.148	4	--	0.042	0.126	0.244	0.228	0.466
Vitamin B-6 1	mg	0.319	4	--	0.090	0.271	0.526	0.491	1.005
Folate, total	µg	4	7	0.000	1	3	7	6	13
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	4	7	0.000	1	3	7	6	13
Folate, DFE	µg	4	--	--	1	3	7	6	13
Choline, total 2	mg	29.3	--	--	8.3	24.9	48.3	45.1	92.3
Betaine 2	mg	2.7	1	--	0.8	2.3	4.5	4.2	8.5
Vitamin B-12 1	µg	2.55	4	--	0.72	2.17	4.21	3.93	8.03
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	17	--	--	5	14	28	26	54
Retinol	µg	17	--	--	5	14	28	26	54
Carotene, beta	µg	0	--	--	0	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	57	--	--	16	48	94	88	180
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol) 2	mg	0.33	9	0.010	0.09	0.28	0.54	0.51	1.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta 2	mg	0.00	9	0.000	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma 2	mg	0.00	9	0.001	0.00	0.00	0.00	0.00	0.00
Tocopherol, delta 2	mg	0.00	9	0.000	0.00	0.00	0.00	0.00	0.00
Tocotrienol, alpha 2	mg	0.05	3	0.000	0.01	0.04	0.08	0.08	0.16
Tocotrienol, beta 2	mg	0.00	3	0.000	0.00	0.00	0.00	0.00	0.00
Tocotrienol, delta 2	mg	0.00	3	0.000	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.2	4	--	0.3	1.0	2.0	1.8	3.8
Vitamin D3 (cholecalciferol) 1	µg	1.2	4	--	0.3	1.0	2.0	1.8	3.8
Vitamin D 1	IU	47	4	--	13	40	78	72	148
Vitamin K (phylloquinone) 2	µg	0.2	2	--	0.1	0.2	0.3	0.3	0.6

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Lipids									
Fatty acids, total saturated	g	0.211	--	--	0.060	0.179	0.348	0.325	0.665
4:0 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
6:0 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
8:0 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
10:0 1	g	0.005	12	0.000	0.001	0.004	0.008	0.008	0.016
12:0 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
14:0 1	g	0.010	12	0.001	0.003	0.009	0.017	0.015	0.032
15:0 1	g	0.005	12	0.000	0.001	0.004	0.008	0.008	0.016
16:0 1	g	0.127	12	0.005	0.036	0.108	0.210	0.196	0.400
17:0 1	g	0.006	12	0.000	0.002	0.005	0.010	0.009	0.019
18:0 1	g	0.052	12	0.001	0.015	0.044	0.086	0.080	0.164
20:0 1	g	0.002	12	0.000	0.001	0.002	0.003	0.003	0.006
22:0 1	g	0.001	12	0.000	0.000	0.001	0.002	0.002	0.003
24:0 1	g	0.001	12	0.000	0.000	0.001	0.002	0.002	0.003
Fatty acids, total monounsaturated	g	0.107	--	--	0.030	0.091	0.177	0.165	0.337
14:1 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
15:1 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.015	12	0.001	0.004	0.013	0.025	0.023	0.047
16:1 c 1	g	0.014	12	0.001	0.004	0.012	0.023	0.022	0.044
16:1 t 1	g	0.001	12	0.000	0.000	0.001	0.002	0.002	0.003
17:1 1	g	0.003	12	0.000	0.001	0.003	0.005	0.005	0.009
18:1 undifferentiated 1	g	0.084	12	0.003	0.024	0.071	0.139	0.129	0.265
18:1 c 1	g	0.083	12	0.003	0.024	0.071	0.137	0.128	0.261
18:1 t 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
20:1 1	g	0.004	12	0.001	0.001	0.003	0.007	0.006	0.013
22:1 undifferentiated 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
22:1 c 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
22:1 t 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
24:1 c 1	g	0.001	12	0.000	0.000	0.001	0.002	0.002	0.003
Fatty acids, total polyunsaturated	g	0.277	--	--	0.079	0.235	0.457	0.427	0.873
18:2 undifferentiated 1	g	0.014	12	0.003	0.004	0.012	0.023	0.022	0.044

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18:2 n-6 c,c 1	g	0.014	12	0.002	0.004	0.012	0.023	0.022	0.044
18:2 CLAs 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
18:2 t not further defined 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
18:3 undifferentiated 1	g	0.002	12	0.000	0.001	0.002	0.003	0.003	0.006
18:3 n-3 c,c,c (ALA) 1	g	0.002	12	0.000	0.001	0.002	0.003	0.003	0.006
18:3 n-6 c,c,c 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
18:4 1	g	0.002	12	0.000	0.001	0.002	0.003	0.003	0.006
20:2 n-6 c,c 1	g	0.002	12	0.000	0.001	0.002	0.003	0.003	0.006
20:3 undifferentiated 1	g	0.001	12	0.000	0.000	0.001	0.002	0.002	0.003
20:3 n-6 1	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.025	12	0.001	0.007	0.021	0.041	0.038	0.079
20:5 n-3 (EPA) 1	g	0.028	12	0.002	0.008	0.024	0.046	0.043	0.088
22:4 1	g	0.002	12	0.000	0.001	0.002	0.003	0.003	0.006
22:5 n-3 (DPA) 1	g	0.004	12	0.000	0.001	0.003	0.007	0.006	0.013
22:6 n-3 (DHA) 1	g	0.196	12	0.008	0.056	0.167	0.323	0.302	0.617
Fatty acids, total trans	g	0.002	--	--	0.001	0.002	0.003	0.003	0.006
Fatty acids, total trans-monoenoic	g	0.001	--	--	0.000	0.001	0.002	0.002	0.003
Cholesterol 1	mg	36	4	--	10	31	59	55	113
Amino Acids									
Tryptophan	g	0.209	--	--	0.059	0.178	0.345	0.322	0.658
Threonine	g	0.817	--	--	0.232	0.694	1.348	1.258	2.574
Isoleucine	g	0.858	--	--	0.243	0.729	1.416	1.321	2.703
Leucine	g	1.514	--	--	0.429	1.287	2.498	2.332	4.769
Lysine	g	1.711	--	--	0.485	1.454	2.823	2.635	5.390
Methionine	g	0.551	--	--	0.156	0.468	0.909	0.849	1.736
Cystine	g	0.200	--	--	0.057	0.170	0.330	0.308	0.630
Phenylalanine	g	0.727	--	--	0.206	0.618	1.200	1.120	2.290
Tyrosine	g	0.629	--	--	0.178	0.535	1.038	0.969	1.981
Valine	g	0.959	--	--	0.272	0.815	1.582	1.477	3.021
Arginine	g	1.115	--	--	0.316	0.948	1.840	1.717	3.512
Histidine	g	0.548	--	--	0.155	0.466	0.904	0.844	1.726
Alanine	g	1.127	--	--	0.320	0.958	1.860	1.736	3.550
Aspartic acid	g	1.907	--	--	0.541	1.621	3.147	2.937	6.007

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Glutamic acid	g	2.780	--	--	0.788	2.363	4.587	4.281	8.757
Glycine	g	0.894	--	--	0.253	0.760	1.475	1.377	2.816
Proline	g	0.659	--	--	0.187	0.560	1.087	1.015	2.076
Serine	g	0.760	--	--	0.215	0.646	1.254	1.170	2.394
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16c, 2011 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD