

NATURAL TUNA



TUNA

three species, with or without salt, all without peer



- * **ALBACORE IS LINE CAUGHT**
- * **NO ADDITIVES OR PRESERVATIVES**
- * **ALL DOLPHIN SAFE**
- * **SALTED & UNSALTED**
- * **CERTIFIED KOSHER**
- * **PROCESSED AND PACKED BY HAND**

LIVE WELL. SPEND LESS. DISCOVER NATURAL VALUE.

We think that a healthy lifestyle should be affordable for everyone. We developed Natural Value because we felt that we could find and deliver premium quality natural and planet-friendly products to the marketplace in a more efficient and cost-effective manner. To that end, we've managed to streamline the distribution process and lower the cost of living well. Our goal is not to woo Wall Street with large profit margins. It is to reward your commitment to living responsibly with lower prices on natural products. We prefer a business model where everyone, including you, profits.

NATURAL TUNA



SOLID ALBACORE IN WATER NO SALT

Nutrition Facts		Amt/serving	% DV*	Amt/serving	% DV*
Serving Size: 2 oz. Servings: about 2.5		Total Fat .5g	0%	Total Carb. 1g	0%
		Sat. Fat 0g	0%	Fiber 0g	0%
		Cholest. 30mg	10%	Sugars 0g	
Calories 70 Fat. Calories 0		Sodium 140mg	6%	Protein 16g	
<small>Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6% *Percent Daily Values (%DV) are based on a 2,000 calorie diet.</small>					

INGREDIENTS:
Solid albacore tuna, water
706173-004042



SOLID ALBACORE IN WATER

Nutrition Facts		Amt/serving	% DV*	Amt/serving	% DV*
Serving Size: 2 oz. Servings: about 2.5		Total Fat .5g	0%	Total Carb. 1g	0%
		Sat. Fat 0g	0%	Fiber 0g	0%
		Cholest. 30mg	10%	Sugars 0g	
Calories 70 Fat. Calories 0		Sodium 250mg	10%	Protein 16g	
<small>Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6% *Percent Daily Values (%DV) are based on a 2,000 calorie diet.</small>					

INGREDIENTS:
Solid albacore tuna, water, salt
706173-004035



CHUNK TONGOL TUNA IN WATER NO SALT

Nutrition Facts		Amt/serving	% DV*	Amt/serving	% DV*
Serving Size: 2 oz. Servings: about 2.5		Total Fat 0g	0%	Total Carb. 0g	0%
		Sat. Fat 0g	0%	Fiber 0g	0%
		Cholest. 30mg	10%	Sugars 0g	
Calories 60 Fat. Calories 0		Sodium 140mg	6%	Protein 13g	
<small>Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2% *Percent Daily Values (%DV) are based on a 2,000 calorie diet.</small>					

INGREDIENTS:
Tongol tuna, water
706173-004028



CHUNK TONGOL TUNA IN WATER

Nutrition Facts		Amt/serving	% DV*	Amt/serving	% DV*
Serving Size: 2 oz. Servings: about 2.5		Total Fat 0g	0%	Total Carb.	
		Sat. Fat 0g	0%	Fiber 0g	0%
		Cholest. 30mg	10%	Sugars 0g	
Calories 60 Fat. Calories 0		Sodium 250mg	10%	Protein 13g	
<small>Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2% *Percent Daily Values (%DV) are based on a 2,000 calorie diet.</small>					

INGREDIENTS:
Tongol tuna, water, salt
706173-004011



CHUNK YELLOWFIN TUNA IN WATER NO SALT

Nutrition Facts		Amt/serving	% DV*	Amt/serving	% DV*
Serving Size: 2 oz. Servings: about 2.5		Total Fat 0g	0%	Total Carb. 0g	0%
		Sat. Fat 0g	0%	Fiber 0g	0%
		Cholest. 30mg	10%	Sugars 0g	
Calories 60 Fat. Calories 0		Sodium 140mg	6%	Protein 13g	
<small>Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2% *Percent Daily Values (%DV) are based on a 2,000 calorie diet.</small>					

INGREDIENTS:
Yellowfin tuna, water
706173-004066



CHUNK YELLOWFIN TUNA IN WATER

Nutrition Facts		Amt/serving	% DV*	Amt/serving	% DV*
Serving Size: 2 oz. Servings: about 2.5		Total Fat 0g	0%	Total Carb. 0g	0%
		Sat. Fat 0g	0%	Fiber 0g	0%
		Cholest. 30mg	10%	Sugars 0g	
Calories 60 Fat. Calories 0		Sodium 250mg	6%	Protein 13g	
<small>Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2% *Percent Daily Values (%DV) are based on a 2,000 calorie diet.</small>					

INGREDIENTS:
Yellowfin tuna, water, salt
706173-004059

TUNA 101

“Tuna” actually refers to a variety of different fish species.

Albacore is the whitest and firmest canned Tuna.

Government standards for solid Albacore allow up to 18% flakes or pieces broken from the loin. Our Albacore has less than 15% flakes. It’s like a tuna steak in a can!

There are several species in the Chunk Light Tuna category. The top of the line is Tongol. Even though it is considered a chunk tuna, the meat is often very firm and light in color.

The next step down the quality ladder from

Tongol is Yellowfin. Its meat is a little darker yet very mild in flavor. Yellowfin is a flakier fish than Tongol or Albacore.

The next step down in quality is Skipjack. This is what is usually sold in grocery stores as “Chunk Light Tuna.”

Most commercial brands of tuna contain flavor enhancers or extenders to give the fish more mass in the can. It is also often packed in vegetable broth (which may contain sulfites).

All of these additives are included in the “net weight” of product in the can.

Compare the ingredients yourself:

- Bumble Bee Chunk Light Tuna in Water: Light Tuna, Water, Vegetable Broth, Hydrolyzed Soy Protein, Salt, Hydrolyzed Casein
- StarKist Chunk Light Tuna in Spring Water: Chunk Light Tuna, Spring Water, Hydrolyzed Soy Protein, Vegetable Broth, Salt.
- Natural Value Tongol Tuna: Tongol Tuna, Water, Salt (No salt also available.)

Get more tuna and better value with Natural Value tuna.

ORDERING INFORMATION

DESCRIPTION	UPC	CS/PK	WT.	CUBE	PALLET	ITEM DIMENSION	CASE DIMENSION
Albacore, Salted	706173-004035	24/6 oz	12	0.23	14 x 10	1 1/2 x 3 3/8 D	13.5. x 10.5 x 3.15
Albacore, No Salt	706173-004042	24/6 oz	12	0.23	14 x 10	1 1/2 x 3 3/8 D	13.5. x 10.5 x 3.15
Tongol, Salted	706173-004011	24/6 oz	12	0.23	14 x 10	1 1/2 x 3 3/8 D	13.5. x 10.5 x 3.15
Tongol, No Salt	706173-004028	24/6 oz	12	0.23	14 x 10	1 1/2 x 3 3/8 D	13.5. x 10.5 x 3.15
Yellowfin, Salted	706173-004059	24/6 oz	12	0.23	14 x 10	1 1/2 x 3 3/8 D	13.5. x 10.5 x 3.15
Yellowfin, No Salt	706173-004066	24/6 oz	12	0.23	14 x 10	1 1/2 x 3 3/8 D	13.5. x 10.5 x 3.15