

# Canned Tuna: 3oz Portion

**Calories**  
**100**

**Protein**  
**22g**

**Sodium**  
**290mg**

**Saturated  
Fat** 0g

**Cholesterol**  
**25mg**

**Trans-Fat**  
**0g**

**Omega-3**  
**54mg**

**Fat**  
**0.5g**

**Selenium**  
**100%**

