

USDA Foods Product Information Sheet

For Child Nutrition Programs



100195– Tuna, Chunk Light, Canned

Category: **Meat/Meat Alternate**



PRODUCT DESCRIPTION

This item is canned tuna packed in water with vegetable broth. This product is delivered in cases containing six 66.5-ounce cans.

CREDITING/YIELD

- One case of tuna contains about 307 ounces of drained tuna.
- CN Crediting: 1 ounce of drained tuna credits as 1 ounce equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Canned tuna can be used as a meat/meat alternate in salads, sandwiches, or casseroles.
- Mix tuna with chopped vegetables, mustard, and a little mayo for a tasty tuna topping to put on salad, whole grain sandwiches or crackers.
- For more culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1 ounce (28 g)/1 MMA tuna, drained

Amount Per Serving

Calories 30

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 15mg

Sodium 130mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 7g

Source: USDA Foods Vendor Labels

Allergen Information: Product contains fish and soy. Please refer to allergen statement on the outside of the product package to confirm any vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.