

A742 – TUNA, CANNED, CHUNK LIGHT, IN WATER, 66.5 OZ

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Chunk light tuna in water consists of small bite-size pieces of fish and not more than 1.5% added salt. Tuna is thoroughly cooked during processing. The meat is light to dark in color and full in flavor.
PACK/YIELD	<ul style="list-style-type: none"> 6/66.5 oz cans per case. One 66.5 oz can AP yields about 51.2 oz drained tuna and provides about 51.2 1-oz servings drained fish. CN Crediting: 1 oz drained tuna provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store unopened canned tuna off the floor in a cool, dry place. Store opened canned tuna covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use in recipes specifying canned tuna.
USES AND TIPS	<ul style="list-style-type: none"> Serve as is, chilled, or heated. Use tuna in salads, casseroles, sandwiches, or main dishes.



Nutrition Information

Fish, tuna, light, canned in water, drained solids

	1 oz (28 g)
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Calories	33
Protein	7.23 g
Carbohydrate	0 g
Dietary Fiber	0 g
Sugars	0 g
Total Fat	0.23 g
Saturated Fat	0.07 g
<i>Trans</i> Fat	0 g
Cholesterol	9 mg
Iron	0.43 mg
Calcium	3 mg
Sodium	96 mg
Magnesium	8 mg
Potassium	67 mg
Vitamin A	16 IU
Vitamin A	5 RAE
Vitamin C	0 mg
Vitamin E	0.09 mg

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.