

A745 – TUNA, POUCH, LIGHT, READY-TO-SERVE, 43 OZ

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Light tuna packed in laminated pouches and thermally processed; contains no more than 1.5% added salt. Light tuna is ready-to-eat from the pouch.
PACK/YIELD	<ul style="list-style-type: none"> 8/43 oz pouches per case. One 43 oz pouch yields about 43.0 oz drained tuna and provides about 43.0 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 pouches off the floor in a cool, dry place. Opened pouches must be refrigerated and used 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"> No draining needed. Use in recipes specifying canned tuna.
USES AND TIPS	<ul style="list-style-type: none"> Tuna is ready-to-serve on a salad bar, in salads, or in sandwiches. Tuna can also be served heated in casserole main dishes.



Nutrition Information

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

	1 oz (28 g)
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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FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Refrigerate tuna after opening pouch.
BEST IF USED BY GUIDANCE	<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.

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