



Wild Planet Products: Nutrition Fact Panel Values

* Nutrition Facts based on 3oz (85g) serving size unless specified otherwise.

* All products contain 0g Trans Fat.

TUNA

Amount per serving / % DV = % Daily Value	Albacore Wild Tuna - 5oz	Albacore Wild Tuna No Salt Added - 5oz	Albacore Solid Wild Tuna In EVOO - 5oz	Albacore Wild Tuna Single-Serve Pouch - 3oz	Albacore Wild Tuna Single-Serve Pouch No Salt Added - 3oz	Albacore Wild Tuna In EVOO Single-Serve Pouch - 3oz	Albacore Wild Tuna Fillets - 4.5oz
Servings	1.5	1.5	1	1	1	1	1
Serving Size	3oz (85g)	3oz (85g)	1 can (100g) dr	3oz (85g)	3oz (85g)	3oz (85g)	4.5oz (128g)
Calories	100	100	220	120	100	290	150
Total Fat	2.5g (3% DV)	2.5g (3% DV)	12g (15% DV)	4g (6% DV)	2.5g (3% DV)	23g (29% DV)	3.5g (4% DV)
Saturated Fat	1g (5% DV)	1g (5% DV)	3g (15% DV)	1g (5% DV)	1g (5% DV)	4g (20% DV)	1g (5% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	45mg (15% DV)	25mg (8% DV)	20mg (7% DV)	30mg (10% DV)	30mg (10% DV)
Sodium	200mg (9% DV)	85mg (4% DV)	350mg (15% DV)	230mg (10% DV)	85mg (4% DV)	300mg (13% DV)	300mg (13% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g	0g	0g	0g (incl. 0g Added Sugars, 0% DV)
Protein	21g (42% DV)	21g (42% DV)	26g (52% DV)	21g (42% DV)	21g (42% DV)	19g (38% DV)	31g (62% DV)
Vitamin D	30% DV	30% DV	25% DV	Not Available	6mcg (30% DV)	7mcg (35% DV)	50% DV
Calcium	0% DV	0% DV	0% DV	0% DV	3mg (0% DV)	Not Available	0% DV
Iron	4% DV	4% DV	0% DV	4% DV	1mg (4% DV)	Not Available	6% DV
Potassium	6% DV	6% DV	6% DV	Not Available	281mg (6% DV)	223mg (4% DV)	8% DV
EPA & DHA Omega 3 avg	705mg	705mg	781mg	1,100mg	705mg	1,100mg	1,060mg

Amount per serving / % DV = % Daily Value	Albacore Wild Tuna w/ Jalapeno & Cumin Single-Serve Pouch - 2.6oz	Albacore Wild Tuna w/ Sweet Chili Pepper Single-Serve Pouch - 2.6oz	Albacore Wild Tuna w/ Lime & Basil Single-Serve Pouch - 2.6oz	Albacore Wild Tuna w/ Lemon & Thyme Single-Serve Pouch - 2.6oz	Tuna Chorizo Wild Tuna With Spices Single-Serve Pouch - 3oz
Servings	1	1	1	1	1
Serving Size	2.6oz (74g)	2.6oz (74g)	2.6oz (74g)	2.6oz (74g)	3oz (85g)
Calories	100	130	150	130	240
Total Fat	4g (5% DV)	7g (9% DV)	9g (12% DV)	7g (9% DV)	17g (22% DV)
Saturated Fat	1g (5% DV)	1.5g (8% DV)	2g (10% DV)	1.5g (8% DV)	3g (15% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	25mg (8% DV)	20mg (7% DV)	30mg (10% DV)
Sodium	430mg (19% DV)	85mg (4% DV)	260mg (11% DV)	230mg (10% DV)	300mg (13% DV)
Total Carbohydrate	2g (1% DV)	1g (0% DV)	1g (0% DV)	1g (0% DV)	3g (1% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	1g (incl. 1g of Added Sugars, 2% DV)	1g (incl. 1g of Added Sugars, 2% DV)	1g (incl. 1g of Added Sugars, 2% DV)	0g
Protein	15g (30% DV)	16g (32% DV)	16g (32% DV)	17g (34% DV)	18g (36% DV)
Vitamin D	6mcg (30% DV)	5mcg (25% DV)	6mcg (30% DV)	5mcg (25% DV)	1mcg (4% DV)
Calcium	Not Available	Not Available	Not Available	Not Available	Not Available
Iron	Not Available	Not Available	Not Available	Not Available	2mg (10% DV)
Potassium	290mg (6% DV)	252mg (6% DV)	253mg (6% DV)	270mg (6% DV)	321mg (6% DV)
EPA & DHA Omega 3 avg	1,000mg	1,000mg	1,000mg	1,000mg	136mg

Amount per serving / % DV = % Daily Value	Skipjack Wild Tuna - 5oz	Skipjack Wild Tuna No Salt Added - 5oz	Skipjack Wild Tuna Single-Serve Pouch - 3oz	Skipjack Wild Tuna Single-Serve Pouch No Salt Added - 3oz	Skipjack Wild Tuna in Pure Olive Oil - 6.7oz	Skipjack Solid Light Wild Tuna in Pure Olive Oil - 2.82oz	Petite Tuna Wild Tuna in Pure Olive Oil - 6.7oz	Yellowfin Wild Tuna - 5oz
Servings	1.5	1.5	1	1	1.5	1	1.5	1
Serving Size	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g) drained	2.82oz (56g)	3oz (85g) drained	5oz (142g)
Calories	90	90	90	90	200	130	170	160
Total Fat	1g (1% DV)	1g (1% DV)	1g (1% DV)	1g (2% DV)	14g (18% DV)	9g (12% DV)	8g (10% DV)	1.5g (2% DV)
Saturated Fat	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	2g (10% DV)	1.5g (8% DV)	1.5g (8% DV)	1g (5% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	55mg (18% DV)
Sodium	220mg (10% DV)	30mg (1% DV)	220mg (10% DV)	55mg (2% DV)	180mg (8% DV)	110mg (5% DV)	500mg (22% DV)	360mg (16% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	2g (1% DV)	0g
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)
Protein	20g (40% DV)	20g (40% DV)	20g (40% DV)	21g (42% DV)	20g (40% DV)	13g (26% DV)	22g (44% DV)	38g (76% DV)
Vitamin D	10% DV	10% DV	2mcg (10% DV)	Not Available	0% DV	4% DV	0% DV	2mcg (8% DV)
Calcium	0% DV	0% DV	0% DV	2mg (0% DV)	0% DV	0% DV	0% DV	88mg (6% DV)
Iron	4% DV	4% DV	1mg (4% DV)	4% DV	6% DV	4% DV	2% DV	1mg (6% DV)
Potassium	6% DV	6% DV	295mg (6% DV)	Not Available	6% DV	4% DV	6% DV	544mg (10% DV)
EPA & DHA Omega 3 avg	374mg	374mg	374mg	230mg	204mg DHA-only	271mg	127mg DHA-only	170mg

Amount per serving / % DV = % Daily Value	Wild Tuna Pasta Salad Ready To Eat Meal - 5.6oz	Wild Tuna White Bean Salad Ready To Eat Meal - 5.6oz	Wild Tuna Corn and Bean Salad Ready To Eat Meal - 5.6oz
Servings	1	1	1
Serving Size	5.6oz (160g)	5.6oz (160g)	5.6oz (160g)
Calories	300	360	250
Total Fat	15g (19% DV)	20g (26% DV)	12g (15% DV)
Saturated Fat	1.5g (8% DV)	2g (10% DV)	1.5g (8% DV)
Cholesterol	20mg (7% DV)	25mg (8% DV)	20mg (7% DV)
Sodium	640mg (28%)	640mg (28% DV)	640mg (28%)
Total Carbohydrate	25g (9% DV)	23g (8% DV)	21g (8% DV)
Total Sugars	2g	2g	4g
Protein	17g (34% DV)	21g (42% DV)	16g (32% DV)
Vitamin D	0mcg (0% DV)	0mcg (0% DV)	0mcg (0% DV)
Calcium	10mg (0% DV)	57mg (4% DV)	26mg (2% DV)
Iron	1mg (4% DV)	2mg (10% DV)	1mg (8% DV)
Potassium	280mg (6% DV)	514mg (10% DV)	395mg (8% DV)
EPA & DHA Omega 3 avg	89mg	89mg	89mg

SALMON

Amount per serving / % DV = % Daily Value	Wild Sockeye Salmon - 6oz	Wild Sockeye Salmon No Salt Added - 6oz	Sockeye Salmon Single-Serve Pouch - 3oz	Wild Pink Salmon - 6oz	Wild Pink Salmon No Salt Added - 6oz	Pink Salmon Single-Serve Pouch - 3oz
Servings	2	2	1	2	2	1
Serving Size	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)
Calories	100	100	100	90	90	90
Total Fat	3.5g (4% DV)	3.5g (4% DV)	3.5g (4% DV)	2g (3% DV)	2g (3% DV)	2g (3% DV)
Saturated Fat	1g (5% DV)	1g (5% DV)	1g (5% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)
Cholesterol	35mg (12% DV)	35mg (12% DV)	35mg (12% DV)	30mg (10% DV)	30mg (10% DV)	30mg (10% DV)
Sodium	220mg (10% DV)	85mg (4% DV)	220mg (10% DV)	200mg (9% DV)	85mg (4% DV)	200mg (9% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g
Protein	17g (34% DV)	17g (34% DV)	17g (34% DV)	18g (36% DV)	18g (36% DV)	18g (36% DV)
Vitamin D	90% DV	90% DV	17mcg (90% DV)	50% DV	50% DV	10mcg (50% DV)
Calcium	0% DV	0% DV	Not Available	0% DV	0% DV	Not Available
Iron	4% DV	4% DV	Not Available	4% DV	4% DV	Not Available
Potassium	7% DV	7% DV	310mg (7% DV)	7% DV	7% DV	350mg (7% DV)
EPA & DHA Omega 3 avg	709mg	709mg	709mg	524mg	524mg	524mg

Amount per serving / % DV = % Daily Value	Wild Sockeye Salmon with Skin & Bones - 3.75oz	Wild Sockeye Salmon with Skin & Bones - 7.5oz	Wild Sockeye Salmon with Skin & Bones - 14.75oz	Wild Pink Salmon with Skin & Bones - 3.75oz	Wild Pink Salmon with Skin & Bones - 7.5oz	Wild Pink Salmon with Skin & Bones - 14.75oz
Servings	1	2.5	5	1	2.5	5
Serving Size	3.75oz (106g)	3oz (85g)	3oz (85g)	3.75oz (106g)	3oz (85g)	3oz (85g)
Calories	150	120	120	140	110	110
Total Fat	7g (9% DV)	5g (6% DV)	5g (6% DV)	5g (6% DV)	4g (5% DV)	4g (5% DV)
Saturated Fat	1.5g (8% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)
Cholesterol	80mg (27% DV)	65mg (22% DV)	65mg (22% DV)	80mg (27% DV)	65mg (22% DV)	65mg (22% DV)
Sodium	330mg (14% DV)	260mg (11% DV)	260mg (11% DV)	370mg (16% DV)	300mg (13% DV)	300mg (13% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g
Protein	23g (46% DV)	19g (38% DV)	19g (38% DV)	23g (46% DV)	19g (38% DV)	19g (38% DV)
Vitamin D	120% DV	20mcg (100% DV)	20mcg (100% DV)	120% DV	18 mcg (90% DV)	19 mcg (90% DV)
Calcium	15% DV	138mg (10% DV)	138mg (10% DV)	15% DV	167mg (15% DV)	167mg (15% DV)
Iron	0.4mg (2% DV)	0.4mg (2% DV)	0.4mg (2% DV)	4% DV	0.5mg (2% DV)	0.5mg (2% DV)
Potassium	261 mg (6% DV)	261 mg (6% DV)	261 mg (6% DV)	8% DV	277mg (6% DV)	277mg (6% DV)
EPA & DHA Omega 3 avg	1431mg	1148mg	1148mg	1282mg	1029mg	1029mg

SARDINES

Amount per serving / % DV = % Daily Value	Wild Sardines In EVOO – 4.4oz	Wild Sardines In EVOO with Lemon – 4.4oz	Wild Sardines In Water – 4.4oz	Wild Sardines In Water No Salt Added – 4.4oz	Wild Sardines Skinless & Boneless Fillets In EVOO – 4.25oz	Wild Sardines Skinless & Boneless Fillets In Water – 4.25oz
Servings	1	1	1	1	1	1
Serving Size	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g) drained	3oz (85g) drained
Calories	170	170	140	140	190	140
Total Fat	11g (14% DV)	11g (14% DV)	8g (8% DV)	8g (8% DV)	12g (15% DV)	7g (9% DV)
Saturated Fat	3g (15% DV)	2.5g (13% DV)	2.5g (13% DV)	2.5g (13% DV)	2g (10% DV)	2g (10% DV)
Cholesterol	35mg (12% DV)	45mg (15% DV)	40mg (13% DV)	40mg (13% DV)	20mg (7% DV)	30mg (10% DV)
Sodium	260mg (11% DV)	260mg (11% DV)	280mg (12% DV)	70mg (3% DV)	200mg (9% DV)	380mg (17% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)
Protein	18g (36% DV)	18g (36% DV)	18g (36% DV)	18g (36% DV)	21g (42% DV)	20g (40% DV)
Vitamin D	50% DV	60% DV	70% DV	70% DV	8% DV	30% DV
Calcium	15% DV	15% DV	15% DV	15% DV	4% DV	4% DV
Iron	10% DV	10% DV	10% DV	10% DV	10% DV	10% DV
Potassium	4% DV	4% DV	3% DV	3% DV	7% DV	4% DV
EPA & DHA Omega 3 avg	1,800mg	1,800mg	1,800mg	1,800mg	1,015mg	1,015mg

ANCHOVIES

Amount per serving / % DV = % Daily Value	Wild White Anchovies In EVOO – 4.4oz	Wild White Anchovies In Water – 4.4oz
Servings	1	1
Serving Size	3oz (85g) drained	3oz (85g) drained
Calories	160	120
Total Fat	10g (13% DV)	5g (6% DV)
Saturated Fat	2g (10% DV)	1.5g (8% DV)
Cholesterol	55mg (18% DV)	50mg (17% DV)
Sodium	370mg (16% DV)	370mg (16% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)
Protein	19g (38% DV)	19g (38% DV)
Vitamin D	2% DV	2% DV
Calcium	20% DV	15% DV
Iron	8% DV	10% DV
Potassium	7% DV	5% DV
EPA & DHA Omega 3 avg	800mg	800mg

YELLOWTAIL & MACKEREL

Amount per serving / % DV = % Daily Value	Wild Yellowtail Fillets In EVOO – 4.4oz	Wild Mackerel Fillets In EVOO – 4.4oz	Wild Pacific Mackerel – 5oz
Servings	1	1	1
Serving Size	3oz (85g) drained	3oz (85g) drained	5oz (142g)
Calories	190	180	230
Total Fat	12g (15% DV)	11g (14% DV)	11g (14% DV)
Saturated Fat	2g (10% DV)	2.5g (13% DV)	4g (20% DV)
Cholesterol	25mg (8% DV)	30mg (10% DV)	95mg (32% DV)
Sodium	150mg (7% DV)	320mg (14% DV)	350mg (15% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)
Protein	20g (40% DV)	21g (42% DV)	31g (62% DV)
Vitamin D	15% DV	8% DV	120% DV
Calcium	0% DV	0% DV	6% DV
Iron	0% DV	4% DV	15% DV
Potassium	4% DV	6% DV	10% DV
EPA & DHA Omega 3 avg	552mg	518mg	1,690mg

CHICKEN

Amount per serving / % DV = % Daily Value	Organic Roasted Chicken Breast – 5oz	Organic Roasted Chicken Breast – Salt Added – 5oz
Servings	1.7	1.7
Serving Size	3oz (85g)	3oz (85g)
Calories	90	90
Total Fat	2.5g (3% DV)	2.5g (3% DV)
Saturated Fat	0.5g (3% DV)	0.5g (3% DV)
Cholesterol	30mg (10% DV)	30mg (10% DV)
Sodium	390mg (17% DV)	30mg (1% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)
Protein	19g (38% DV)	19g (38% DV)
Vitamin D	0% DV	0% DV
Calcium	0% DV	0% DV
Iron	0% DV	0% DV
Potassium	6% DV	6% DV
EPA & DHA Omega 3 avg	N/A	N/A

BEEF

Amount per serving / % DV = % Daily Value	Organic Shredded Beef Single-Serve Pouch – 3oz	Organic Shredded Beef Single-Serve Pouch No Salt Added – 3oz
Servings	1	1
Serving Size	3oz (84g)	3oz (84g)
Calories	110	110
Total Fat	3g (4% DV)	3g (4% DV)
Saturated Fat	1.5g (8% DV)	1.5g (8% DV)
Cholesterol	30mg (10% DV)	30mg (10% DV)
Sodium	370mg (16% DV)	20mg (1% DV)
Total Carbohydrate	1g (0% DV)	1g (0% DV)
Total Sugars	0g	0g
Protein	19g (38% DV)	19g (38% DV)
Vitamin D	0mcg (0% DV)	0mcg (0% DV)
Calcium	0% DV	0% DV
Iron	2mg (15% DV)	2mg (15% DV)
Potassium	133mg (2% DV)	133mg (2% DV)
EPA & DHA Omega 3 avg	N/A	N/A