



Wild Planet Products: Nutrition Fact Panel Values

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

* All products contain 0g Trans Fat, 0g Fiber.

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/ Jalapeño & Curry 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
Servings	1	1	1	1
Serving Size	2.6oz (74g)	2.6oz (74g)	2.6oz (74g)	2.6oz (74g)
Calories	100	130	150	130
Total Fat	4g (5% DV)	7g (9% DV)	9g (12% DV)	7g (9% DV)
Saturated Fat	1g (5% DV)	1.5g (8% DV)	2g (10% DV)	1.5g (8% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	25mg (8% DV)	20mg (7% DV)
Sodium	430mg (19% DV)	85mg (4% DV)	260mg (11% DV)	230mg (10% DV)
Total Carbohydrate	2g (1% DV)	1g (0% DV)	1g (0% DV)	1g (0% 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)
Protein	15g (30% DV)	16g (32% DV)	16g (32% DV)	17g (34% DV)
Vitamin D	6mcg (30% DV)	5mcg (25% DV)	6mcg (30% DV)	5mcg (25% DV)
Calcium	Not Available	Not Available	Not Available	Not Available
Iron	Not Available	Not Available	Not Available	Not Available
Potassium	290mg (6% DV)	252mg (6% DV)	253mg (6% DV)	270mg (6% DV)
EPA & DHA Omega 3 avg	1,000mg	1,000mg	1,000mg	1,000mg

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	Tuna Chorizo Wild Tuna With Spices Single-Serve Pouch - 3oz	Skipjack Wild Tuna in Pure Olive Oil - 6.7oz	Petite Tonnio Wild Tuna in Pure Olive Oil - 6.7oz
Servings	1.5	1.5	1	1	1	1.5	1.5
Serving Size	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g) drained	3oz (85g) drained
Calories	90	90	90	90	240	200	170
Total Fat	1g (1% DV)	1g (1% DV)	1g (1% DV)	1g (2% DV)	17g (22% DV)	14g (18% DV)	8g (10% DV)
Saturated Fat	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	3g (15% DV)	2g (10% DV)	1.5g (8% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	30mg (10% DV)	20mg (7% DV)	20mg (7% DV)
Sodium	220mg (10% DV)	30mg (1% DV)	220mg (10% DV)	55mg (2% DV)	300mg (13% DV)	180mg (8% DV)	500mg (22% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	3g (1% DV)	0g (0% DV)	2g (1% DV)
Total Sugars	0g (incl. 0g Added Sugars, 0% DV)	0g (incl. 0g Added Sugars, 0% DV)	0g	0g	0g	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)	18g (36% DV)	20g (40% DV)	22g (44% DV)
Vitamin D	10% DV	10% DV	2mcg (10% DV)	Not Available	1mcg (4% DV)	0% DV	0% DV
Calcium	0% DV	0% DV	2mg (0% DV)	0% DV	Not Available	0% DV	0% DV
Iron	4% DV	4% DV	1mg (4% DV)	4% DV	2mg (10% DV)	6% DV	2% DV
Potassium	6% DV	6% DV	295mg (6% DV)	Not Available	321mg (6% DV)	6% DV	6% DV
EPA & DHA Omega 3 avg	374mg	374mg	374mg	230mg	136mg	204mg DHA-only	127mg DHA-only

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

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 In Marinara Sauce – 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	1
Serving Size	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)	1 can (125g)	3oz (85g) drained	3oz (85g) drained
Calories	170	170	140	140	190	190	140
Total Fat	11g (14% DV)	11g (14% DV)	8g (8% DV)	8g (8% DV)	12g (15% DV)	12g (15% DV)	7g (9% DV)
Saturated Fat	3g (15% DV)	2.5g (13% DV)	2.5g (13% DV)	2.5g (13% DV)	3.5g (18% DV)	2g (10% DV)	2g (10% DV)
Cholesterol	35mg (12% DV)	45mg (15% DV)	40mg (13% DV)	40mg (13% DV)	60mg (20% DV)	20mg (7% DV)	30mg (10% DV)
Sodium	260mg (11% DV)	260mg (11% DV)	280mg (12% DV)	70mg (3% DV)	490mg (21% 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)	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)	1g (incl. 1g Added Sugars, 2% 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)	21g (42% DV)	20g (40% DV)
Vitamin D	50% DV	60% DV	70% DV	70% DV	100% DV	8% DV	30% DV
Calcium	15% DV	15% DV	15% DV	15% DV	15% DV	4% DV	4% DV
Iron	10% DV	10% DV	10% DV	10% DV	15% DV	10% DV	10% DV
Potassium	4% DV	4% DV	3% DV	3% DV	7% DV	7% DV	4% DV
EPA & DHA Omega 3 avg	1,800mg	1,800mg	1,800mg	1,800mg	2,800mg	1,015mg	1,015mg

WHITE 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
Servings	1	1
Serving Size	3oz (85g) drained	3oz (85g) drained
Calories	190	180
Total Fat	12g (15% DV)	11g (14% DV)
Saturated Fat	2g (10% DV)	2.5g (13% DV)
Cholesterol	25mg (8% DV)	30mg (10% DV)
Sodium	150mg (7% DV)	320mg (14% 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	20g (40% DV)	21g (42% DV)
Vitamin D	15% DV	8% DV
Calcium	0% DV	0% DV
Iron	0% DV	4% DV
Potassium	4% DV	6% DV
EPA & DHA Omega 3 avg	552mg	518mg

ORGANIC CHICKEN

Amount per serving / % DV = % Daily Value	Organic Roasted Chicken Breast – 5oz	Organic Roasted Chicken Breast No 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