



# ALBACORE TUNA



With its pale, pinkish-white flesh, albacore has the lightest meat color of all the tuna species. Packed with protein and Omega-3s, deliciously firm, albacore is a natural for the grill and needs only the slightest saucing or seasoning to accent its unassertive taste. Cubed steaks can create appealing kebobs or chunky salads. Thinner cuts can be broiled for gourmet sandwiches. The healthy oil content of this fish keeps it perfectly moist when cooked. When packed in a can, Albacore is marketed as white tuna.





▶ **PRODUCT FORMS**



**Center Cut Loin**  
5-9 lb.



**Steaks**  
4, 6, 8 & 10 oz



**Sandwich Steaks**  
4 & 5 oz



**Medallions**  
2-3 oz



**Kabobs**  
1-3 oz

▶ **COOKING METHODS & APPLICATIONS**

**Broiling • Grilling • Baking • Sautéing • Pan-Frying • Deep-Frying**  
**• Poaching • Steaming • Braising • Stewing**

- Mild flavor
- Cooks to an ivory/beige color
- Sandwich, kabobs, wraps & salads
- Fresher than fresh

▶ **SELLING POINTS**

- Low carb & high protein
- Versatile meat – many applications
- Year round availability
- 100% yield – minimal shrink
- Chemical free – 100% natural
- Steak grade

**ALBACORE TUNA**



<b>Nutrition Facts</b>	
Serving Size 4 oz (113g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 15</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>20%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 25g	
<b>Vitamin A*</b>	<b>Vitamin C*</b>
<b>Calcium*</b>	<b>Iron 4%</b>
<small>*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:</small>	
<small>Calories: 2,000 2,500</small>	
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Sat Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2400mg 2400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 90g</small>
<small>Calories per gram:</small>	
<small>Fat 9</small>	<small>Carbohydrates 4 Protein 4</small>



### ► HARVEST MAP



**Albacore Tuna**  
*Thunnus alalunga*  
Season: Year Round

 Harvesting areas

 Processing Centers

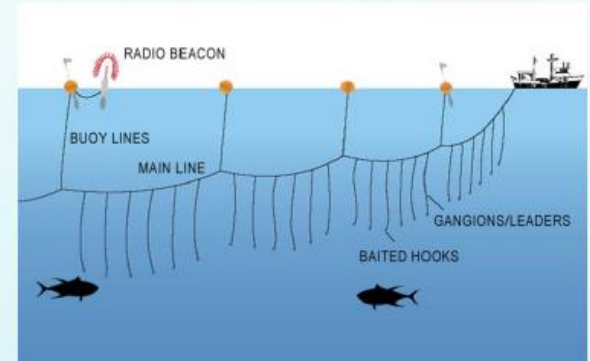


## ALBACORE TUNA



### ► FISHING METHOD

**Longlining** and **Trolling** are the two principal catch methods. Floats are used to suspend the longline in the water column and baited hooks are connected to this main line. The trolling method employs feathery jigs that are pulled behind the fishing vessel.



### ► FISHERIES MANAGEMENT

Albacore fisheries in the Pacific Ocean are managed by the Western and Central Pacific Fisheries Commission (WCPFC) and the Indian Ocean Tuna Commission. Proper documentation of the catch is required for entry into the USA. This information includes the vessel name, catch area, date of catch, method of capture, and the catch quantity. NOAA/NMFS also require documentation that the product is dolphin safe, although that situation pertains mainly to seine fisheries in the Eastern Tropical Pacific.