



# YELLOWFIN TUNA (AHI)



Yellowfin tuna, commonly known as ahi, has surged to the forefront of seafood cuisine, delivering a lean & delicious experience. You can savor these delightfully meaty steaks as you would a prime cut of beef – seared, broiled, kabobbed or blackened. Ahi pairs up winningly with sauces or rubs & cooks up to an appealing ivory-beige. All natural Orca Bay Ahi is harvested by longline fishing vessels & frozen on board at its absolute peak.





▶ **PRODUCT FORMS**



**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

- Steaks are best broiled or grilled
- Naturally lean with only 1.5 grams of fat per 4oz serving
- Sandwich kabobs, wraps & salads
- Steak grade

▶ **SELLING POINTS**

- Gourmet reputation
- Dense & meaty texture
- Year round availability
- 140 calories per 4oz serving
- Works really well with sauces and rubs

**YELLOWFIN TUNA**



**Nutrition Facts**

Serving Size 4 oz (113g)  
Servings Per Container 3

Amount Per Serving		
Calories 140		Calories from Fat 15
		% Daily Value*
<b>Total Fat</b>	1.5g	2%
<b>Saturated Fat</b>	0g	0%
<b>Trans Fat</b>	0g	
<b>Cholesterol</b>	60mg	20%
<b>Sodium</b>	40mg	2%
<b>Total Carbohydrate</b>	4g	1%
<b>Dietary Fiber</b>	0g	0%
<b>Sugars</b>	0g	
<b>Protein</b>	25g	

**Vitamin A\*** • **Vitamin C\***  
**Calcium\*** • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
<b>Total Fat</b>	Less than 65g	80g
<b>Sat Fat</b>	Less than 25g	35g
<b>Cholesterol</b>	Less than 300mg	300mg
<b>Sodium</b>	Less than 2400mg	2400mg
<b>Total Carbohydrate</b>	300g	375g
<b>Dietary Fiber</b>	25g	30g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4



## YELLOWFIN TUNA



### ▶ HARVEST MAP



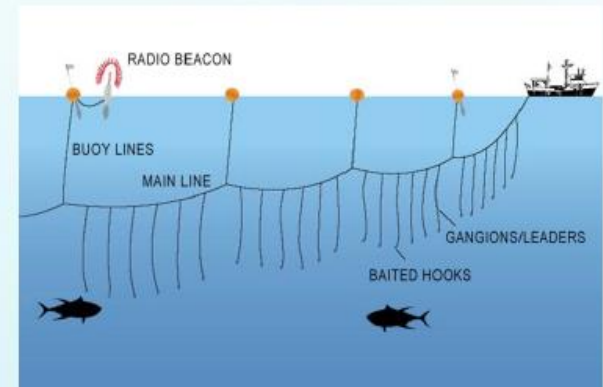
**Yellowfin Tuna**  
*Thunnus albacares*  
 Season: Year Round

-  Harvesting areas
-  Processing Centers



### ▶ FISHING METHOD

**Longlining** uses baited hooks on offshoots (gangions or leaders) of a single main line to catch fish at a variety of depths. The line is suspended in the water column by floats spread out along the main line.



### ▶ FISHERIES MANAGEMENT

Yellowfin Tuna 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.



# YELLOWFIN RED TUNA



Asian cuisine has long celebrated the clean assertive flavors of premium red tuna. These impeccable cuts are trimmed from the most prized portion of the yellowfin loin – think filet mignon, seafood style! Enjoy these steaks in the classic way – quickly seared and served with a variety of dipping sauces. Red tuna is a natural on the grill or broiled and can be energized by all kinds of rubs and marinades. Create a sensational salad with slices of cooked tuna and a splash of miso dressing. Any way you discover this adventurous selection, you'll be enjoying a lean and nutritious seafood choice.





## YELLOWFIN RED TUNA



### ▶ PRODUCT FORMS



**Center Cut Loin**  
3-5 lb.



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



**Saku Block**



**Cubes**

### ▶ COOKING METHODS & APPLICATIONS

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

- Steaks are best broiled or grilled
- Naturally lean with only 1.5 grams of fat per 4oz serving
- Sandwich, kabobs, wraps & salads
- Excellent for sushi & sashimi

### ▶ SELLING POINTS

- Low carb & high protein
- Versatile meat – many applications
- Year round availability
- 100% yield – minimal shrink
- Pacific rim flair

#### Nutrition Facts

Serving Size 4 oz (113g)  
Servings Per Container 3

Amount Per Serving

Calories 140 Calories from Fat 15

% Daily Value\*

**Total Fat** 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 60mg 20%

**Sodium** 40mg 2%

**Total Carbohydrate** 4g 1%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 25g

Vitamin A\* • Vitamin C\*

Calcium\* • Iron 4%

\*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4



### ▶ HARVEST MAP



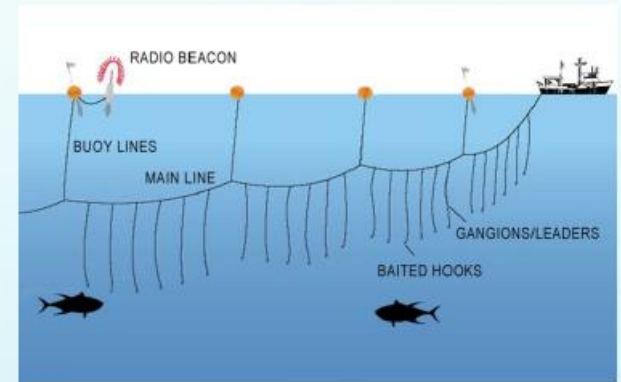
**Yellowfin Red Tuna (CO treated)**  
*Thunnus albacares*  
 Season: Year Round

-  Harvesting areas
-  Processing Centers



### ▶ FISHING METHOD

**Longlining** uses baited hooks on offshoots (gangions or leaders) of a single main line to catch fish at a variety of depths. The line is suspended in the water column by floats spread out along the main line.



### ▶ FISHERIES MANAGEMENT

Yellowfin Tuna 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.

## YELLOWFIN RED TUNA

