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› Wild Planet Albacore Wild Tuna, Sea Salt - Instruction Manual

Wild Planet H-144

Wild Planet Albacore Wild Tuna, Sea Salt - Instruction Manual

Model: H-144

1. PRODUCT OVERVIEW

The Wild Planet Albacore Wild Tuna with Sea Salt offers a premium, sustainably sourced tuna product. Each can contains hand-cut, hand-packed tuna steak, cooked once to retain its natural juices and flavor. This product is designed for convenience and provides essential nutrition, including Omega-3s and protein, without added water, oil, or fillers.



Image 1: Wild Planet Albacore Wild Tuna, 5 Ounce (Pack of 4).

A promotional advertisement for Wild Planet Albacore Wild Tuna. The background is a dark blue, wavy water texture. In the top left corner is the Wild Planet logo, which consists of a stylized globe with blue waves and green landmasses, with the words "Wild Planet" in a white, rounded font. To the right of the logo, the text "LUNCH JUST GOT EVEN TASTIER." is written in large, bold, white and orange letters. In the bottom left corner, the text "Premium albacore tuna steak seasoned with a touch of sea salt." is written in white. In the bottom right corner, there is a close-up image of a Wild Planet Albacore Wild Tuna can with its lid removed, showing the tuna steak inside. The can is blue with an orange lid and features the Wild Planet logo and the text "ALBACORE WILD TUNA SUSTAINABLY POLE & LINE CAUGHT 100% PURE TUNA & SEA SALT".

2. INGREDIENTS AND NUTRITIONAL INFORMATION

This product contains only Albacore Tuna and Sea Salt. It is free from added water, oil, or fillers, ensuring a pure tuna experience.

Nutritional Facts (per 1 can / 142g serving):

- Calories: 180
- Total Fat: 1.5g (8% DV)
- Saturated Fat: 1g (5% DV)
- Trans Fat: 0g
- Cholesterol: 45mg (15% DV)
- Sodium: 310mg (13% DV)
- Total Carbohydrate: 0g (0% DV)
- Dietary Fiber: 0g (0% DV)
- Total Sugars: 0g (Includes 0g Added Sugars, 0% DV)
- Protein: 33g (66% DV)
- Vitamin D: 90% DV
- Calcium: 0% DV
- Iron: 4% DV
- Potassium: 10% DV

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This tuna is also Non-GMO verified, gluten-free, and OU Kosher Pareve. It is Paleo-friendly and Keto-friendly.

Nutrition Facts

1.5 servings per container

Serving size 3 ounces (85g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 200mg 9%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 21g 42%

Vitamin D 30%

Calcium 0%

Iron 4%

Potassium 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALBACORE WILD TUNA

INGREDIENTS:

ALBACORE TUNA (*THUNNUS
ALALUNGA*) AND SEA SALT.

CONTAINS FISH (TUNA).



Image 3: Detailed Nutrition Facts and Ingredients.

3. USAGE INSTRUCTIONS

Opening the Can:

1. Locate the pull tab on the top of the can.
2. Lift the tab gently and pull it back to open the can.
3. The tuna is packed in its own natural juices; draining is not required.



Image 4: Hand-cut, hand-packed tuna steak inside the can.

Preparation and Serving:

Wild Planet Albacore Wild Tuna is versatile and can be enjoyed in various ways:

- **Directly from the can:** Enjoy as a quick, protein-rich snack.
- **Tuna Salad:** Mix with mayonnaise, relish, or other preferred ingredients for a classic tuna salad.
- **Salads:** Flake the tuna over fresh greens, vegetables, and your favorite dressing.
- **Sandwiches and Wraps:** Use as a filling for sandwiches, pitas, or lettuce wraps.
- **Casseroles and Pasta Dishes:** Incorporate into cooked meals for added flavor and protein.



Image 5: Serving suggestion: Tuna salad with fresh vegetables.

1,500MG
OMEGA-3'S

33G
PROTEIN

**HAND-CUT
HAND-PACKED**

Perfect for quick, healthy meals and snacks.



4. STORAGE AND HANDLING

- Store unopened cans in a cool, dry place.
- Once opened, transfer any unused tuna to an airtight container and refrigerate.
- Consume refrigerated tuna within 2-3 days for best quality.

5. SUSTAINABILITY AND QUALITY

Wild Planet is committed to sustainable fishing practices. Our Albacore tuna is 100% pole & line caught, which minimizes bycatch (the capture of unintended species) and supports the preservation of marine ecosystems. This method also typically yields smaller, migratory tuna, which naturally contain lower levels of mercury compared to larger, older tuna caught using other methods.



Image 7: Commitment to sustainable pole & line fishing practices.



Image 8: Visual representation of Wild Planet's fishing methods.

6. OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video 1: An introductory video from Wild Planet Inc. showcasing their commitment to sustainable seafood and the quality of their products.

7. SPECIFICATIONS

Feature	Detail
Brand	Wild Planet
Model Number	H-144
Item Weight	5 Ounces (per can)
Units	5.0 Ounce (Pack of 4)
Specialty	Gluten Free, Kosher Certified, Natural, Wild Caught
Allergen Information	Fish
Item Form	Chunk
GTIN / UPC	829696004006, 829696001043

8. TROUBLESHOOTING

While Wild Planet Albacore Wild Tuna is a straightforward product, here are answers to common inquiries:

- **"Do I need to drain the can?"**No, Wild Planet tuna is packed in its own natural juices. These juices contribute to the flavor and moisture of the tuna and do not need to be drained.
- **"Why is the tuna pinker than other brands?"**The natural color of Albacore tuna can vary. Wild Planet's single-cook process and packing in natural juices help preserve the tuna's inherent color and texture, which may appear different from tuna packed in water or oil.
- **"Is the can lining safe?"** Wild Planet uses non-BPA lining in their cans. More information regarding their can lining can be found on their official website.

9. WARRANTY AND SUPPORT

For questions regarding product quality, ingredients, or general inquiries, please refer to the contact information provided on the product packaging or visit the official Wild Planet website. As a food product, specific warranties typically relate to product freshness and safety, which are ensured through standard food manufacturing and distribution practices.

For more information, visit: wildplanetfoods.com