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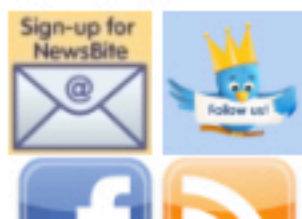
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FEATURED BITE

Wild Planet Wild Albacore Tuna

March 16, 2010

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What it is: Sustainably caught tuna seasoned with a touch of sea salt in a BPA-free can without added oil, water or fillers

How it comes: 5-ounce can

Where it is: Natural food stores in the the BiteoftheBest.com [shop](#)

Who it's for: Anyone wanting sustainable, canned, low-mercury seafood

Suggested retail price: \$3.79 to \$3.99

Nutrition notes: Contain 1,384 mg Omega 3 per 2-ounce serving and low in mercury

Category: Fabulous Food: A healthy twist

Bonnie: I like supporting companies — like Wild Planet — that provide sustainably caught seafood and advocate the conservation of wild marine ecosystems while offering up good-tasting products.

It's the folks at Monterey Bay Aquarium who taught me well that our worldwide fishing practices are depleting our fish populations, destroying habitats and polluting the water. And, that each of us can help turn the tide (pun intended). Monterey Bay offers [downloadable](#) pocket guides to assist you in choosing ocean-friendly seafood as part of its Seafood Watch program. A free iPhone app for this also is available.

Back to Wild Planet's 100 percent pure albacore tuna and sea salt in its own natural juices. Seriously, there's nothing added to the can along with the tuna — not even water — so there's 5 ounces of tuna in every can with nothing to drain. And it tastes delicious.

This tuna is line and troll caught in the waters off the Pacific Northwest of the USA. That means the tuna is caught, one at a time, using lines, not nets. This tuna is younger, much lower in mercury (since mercury accumulates with age), and higher in baby fat than net caught tuna, making it richer in good-for-you omega-3 fatty acids. In fact, this tuna had half the mercury and six times the omega-3s compared with national brands.