



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, 0g Total Sugars (including 0g Added Sugars).

TUNA

Amount per serving / % DV = % Daily Value	Albacore Wild Tuna – 5oz	Albacore Wild Tuna No Salt Added – 5oz	Albacore Wild Tuna Family Size – 7.5oz	Albacore Wild Tuna Single-Serve Pouch – 3oz	Albacore Wild Tuna Single-Serve Pouch No Salt Added – 3oz	Albacore Wild Tuna Fillets – 4.5oz	Albacore Solid Wild Tuna In EVOO – 5oz
Servings	1.5	1.5	4	1	1	2	2
Serving Size	3oz (85g)	3oz (85g)	2oz (56g)	3oz (85g)	3oz (85g)	2oz (56g)	2oz (56g) drained
Calories	100	100	80	120	120	90	110
Total Fat	2.5g (3% DV)	2.5g (3% DV)	2.5g (4% DV)	4g (6% DV)	4g (6% DV)	3.5g (5% DV)	5g (6% DV)
Saturated Fat	1g (5% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	25mg (8% DV)	25mg (8% DV)	10mg (3% DV)	20mg (7% DV)
Sodium	200mg (9% DV)	85mg (4% DV)	150mg (6% DV)	230mg (10% DV)	40mg (2% DV)	200mg (8% DV)	210mg (9% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)
Protein	21g (42% DV)	21g (42% DV)	14g (28% DV)	21g (42% DV)	21g (42% DV)	13g (26% DV)	15g (30% DV)
Vitamin D	30% DV	30% DV	Not Available	Not Available	Not Available	Not Available	35% DV
Calcium	0% DV	0% DV	0% DV	0% DV	0% DV	0% DV	0% DV
Iron	4% DV	4% DV	2% DV	4% DV	4% DV	2% DV	0% DV
Potassium	6% DV	6% DV	Not Available	Not Available	Not Available	Not Available	4% DV
EPA & DHA Omega 3 avg	705mg	705mg	600mg	1,100mg	1,100mg	800mg	1,086mg

Amount per serving / % DV = % Daily Value	Skipjack Wild Tuna – 5oz	Skipjack Wild Tuna No Salt Added – 5oz	Skipjack Wild Tuna Family Size – 7.5oz	Skipjack Wild Tuna Single-Serve Pouch – 3oz	Skipjack Wild Tuna Single-Serve Pouch No Salt Added – 3oz
Servings	1.5	1.5	4	1	1
Serving Size	3oz (85g)	3oz (85g)	2oz (56g)	3oz (85g)	3oz (85g)
Calories	90	90	60	90	90
Total Fat	1g (1% DV)	1g (1% DV)	0.5g (1% DV)	1g (2% DV)	1g (2% DV)
Saturated Fat	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	10mg (3% DV)	20mg (7% DV)	20mg (7% DV)
Sodium	220mg (10% DV)	30mg (1% DV)	240mg (10% DV)	260mg (11% DV)	55mg (2% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)
Protein	20g (40% DV)	20g (40% DV)	14g (28% DV)	21g (42% DV)	21g (42% DV)
Vitamin D	10% DV	10% DV	Not Available	Not Available	Not Available
Calcium	0% DV	0% DV	0% DV	0% DV	0% DV
Iron	4% DV	4% DV	10% DV	4% DV	4% DV
Potassium	6% DV	6% DV	Not Available	Not Available	Not Available
EPA & DHA Omega 3 avg	374mg	374mg	250mg	230mg	230mg

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	3	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)
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)
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)
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	1.4	1
Serving Size	2oz (56g) drained	3oz (85g) drained
Calories	120	180
Total Fat	8g (12% DV)	11g (14% DV)
Saturated Fat	1.5g (8% DV)	2.5g (13% DV)
Cholesterol	20mg (7% DV)	30mg (10% DV)
Sodium	105mg (4% DV)	320mg (14% DV)
Total Carbohydrate	<1g (0% DV)	0g (0% DV)
Protein	12g (24% DV)	21g (42% DV)
Vitamin D	Not Available	8% DV
Calcium	0% DV	0% DV
Iron	2% DV	4% DV
Potassium	Not Available	6% DV
EPA & DHA Omega 3 avg	364mg	518mg

ORGANIC CHICKEN

Amount per serving / % DV = % Daily Value	Organic Roasted Chicken Breast – 5oz	Organic Roasted Chicken Breast – No Salt Added – 5oz
Servings	2.5	2.5
Serving Size	2oz (56g)	2oz (56g)
Calories	60	60
Total Fat	1g (2% DV)	1g (2% DV)
Saturated Fat	0g (0% DV)	0g (0% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)
Sodium	260mg (11% DV)	25mg (1% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)
Protein	12g (24% DV)	12g (24% DV)
Vitamin D	Not Available	Not Available
Calcium	0% DV	0% DV
Iron	2% DV	2% DV
Potassium	Not Available	Not Available
EPA & DHA Omega 3 avg	N/A	N/A