



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 Solid Wild Tuna In EVOO – 5oz	Albacore Wild Tuna Single-Serve Pouch – 3oz	Albacore Wild Tuna Single-Serve Pouch No Salt Added – 3oz	Albacore Wild Tuna In EVOO Single-Serve Pouch – 3oz	Albacore Wild Tuna w/ Jalapeño & Cumin Single-Serve Pouch – 2.6oz	Albacore Wild Tuna Fillets – 4.5oz
Servings	1.5	1.5	2	1	1	1	1	2
Serving Size	3oz (85g)	3oz (85g)	2oz (56g) drained	3oz (85g)	3oz (85g)	3oz (85g)	2.6oz (74g)	2oz (56g)
Calories	100	100	110	120	120	290	100	90
Total Fat	2.5g (3% DV)	2.5g (3% DV)	5g (6% DV)	4g (6% DV)	4g (6% DV)	23g (29% DV)	4g (5% DV)	3.5g (5% DV)
Saturated Fat	1g (5% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)	1g (5% DV)	4g (20% DV)	1g (5% DV)	1g (5% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	25mg (8% DV)	25mg (8% DV)	30mg (10% DV)	20mg (7% DV)	10mg (3% DV)
Sodium	200mg (9% DV)	85mg (4% DV)	210mg (9% DV)	230mg (10% DV)	40mg (2% DV)	300mg (13% DV)	430mg (19% DV)	200mg (8% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	2g (1% DV)	0g (0% DV)
Protein	21g (42% DV)	21g (42% DV)	15g (30% DV)	21g (42% DV)	21g (42% DV)	19g (38% DV)	15g (30% DV)	13g (26% DV)
Vitamin D	30% DV	30% DV	35% DV	Not Available	Not Available	7mcg (35% DV)	6mcg (30% DV)	Not Available
Calcium	0% DV	0% DV	0% DV	0% DV	0% DV	Not Available	Not Available	0% DV
Iron	4% DV	4% DV	0% DV	4% DV	4% DV	Not Available	Not Available	2% DV
Potassium	6% DV	6% DV	4% DV	Not Available	Not Available	223mg (4% DV)	290mg (6% DV)	Not Available
EPA & DHA Omega 3 avg	705mg	705mg	1,086mg	1,100mg	1,100mg	1,100mg	1,000mg	800mg

Amount per serving / % DV = % Daily Value	Skipjack Wild Tuna – 5oz	Skipjack Wild Tuna No Salt Added – 5oz	Skipjack Wild Tuna Single-Serve Pouch – 3oz	Skipjack Wild Tuna Single-Serve Pouch No Salt Added – 3oz	Skipjack Wild Tuna In Pure Olive Oil – 6.7oz	Petite Tonnio Wild Tuna In Pure Olive Oil – 6.7oz
Servings	1.5	1.5	1	1	1.5	1.5
Serving Size	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g)	3oz (85g) drained	3oz (85g) drained
Calories	90	90	90	90	200	170
Total Fat	1g (1% DV)	1g (1% DV)	1g (2% DV)	1g (2% DV)	14g (18% DV)	8g (10% DV)
Saturated Fat	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	2g (10% DV)	1.5g (8% DV)
Cholesterol	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)	20mg (7% DV)
Sodium	220mg (10% DV)	30mg (1% DV)	260mg (11% DV)	55mg (2% DV)	180mg (8% DV)	500mg (22% DV)
Total Carbohydrate	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	0g (0% DV)	2g (1% DV)
Protein	20g (40% DV)	20g (40% DV)	21g (42% DV)	21g (42% DV)	20g (40% DV)	22g (44% DV)
Vitamin D	10% DV	10% DV	Not Available	Not Available	0% DV	0% DV
Calcium	0% DV	0% DV	0% DV	0% DV	0% DV	0% DV
Iron	4% DV	4% DV	4% DV	4% DV	6% DV	2% DV
Potassium	6% DV	6% DV	Not Available	Not Available	6% DV	6% DV
EPA & DHA Omega 3 avg	374mg	374mg	230mg	230mg	204mg DHA-only	127mg DHA-only

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 & 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