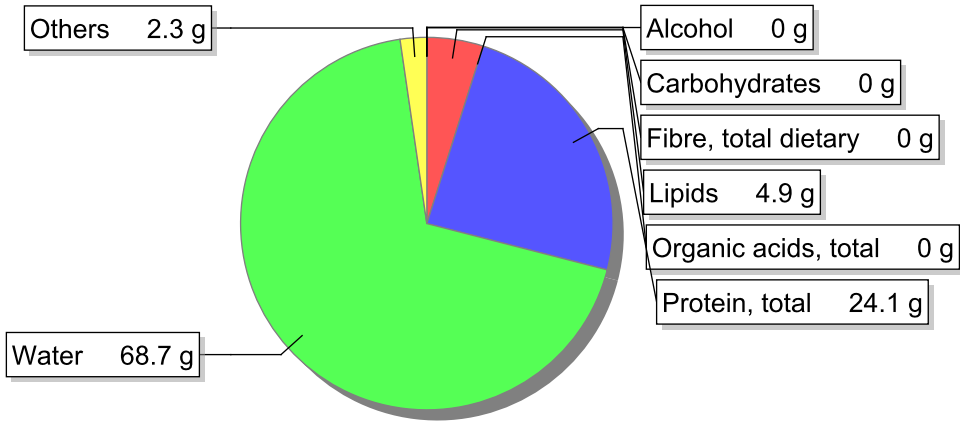


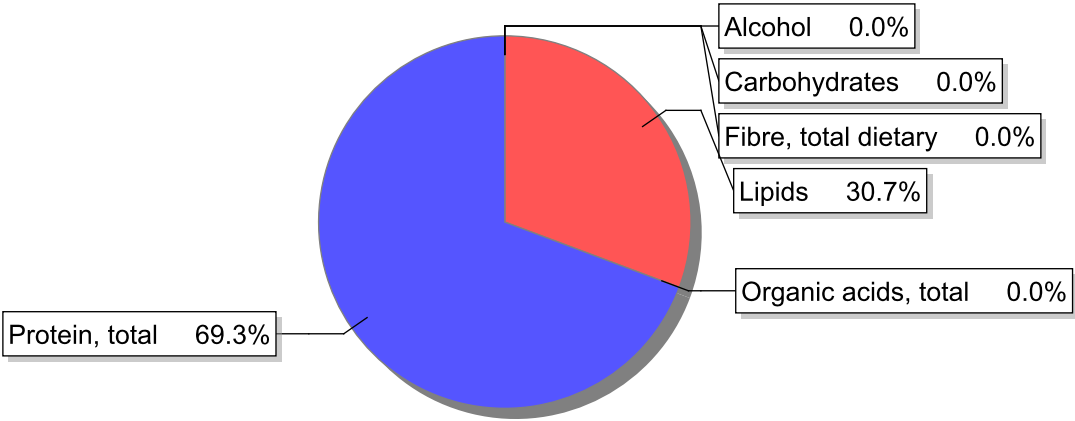
Food

Name: Tuna, fresh, raw
Group: Fish and fish products
Subgroup: Fish (includes fish dishes)
Edible Part: 100%
Code: IS811
FoodEX2 Code: A02DX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	141	kcal	
energy kJ, total metabolisable	591	kJ	
fatty acids, total saturated	1.7	g	77
fatty acids, total monounsaturated	1.7	g	77
fatty acids, total polyunsaturated	0.8	g	77
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	24.1	g	77
alcohol	0	g	
water	68.7	g	77
organic acids, total	0	g	
cholesterol	30	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	4.2	µg	77
alpha-tocopherol	0.64	mg	77
thiamin	0.1	mg	77
riboflavin	0.05	mg	77
niacin, preformed	10	mg	77
niacin equivalents, total	15	mg	
niacin equivalents from tryptophan	4.6	mg	77
vitamin B-6, total	0.56	mg	77
vitamin B-12	2.4	µg	77
vitamin C	0	mg	
folate, total	8.3	µg	77
ash	1.50	g	77
sodium	45	mg	77
potassium	360	mg	77
calcium	4	mg	
phosphorus	260	mg	77
magnesium	37	mg	77
iron, total	2.2	mg	77
zinc	1.5	mg	77

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
77	Bandarra, NM; Calhau, MA; Oliveira, L; Ramos, M; Dias, MG; Bártolo, H; Faria, MR; Fonseca, MC; Gonçalves, J; Batista, I; Nunes, ML. (2005) Composição e valor nutricional dos produtos da pesca mais consumidos em Portugal. INIAP/IPIMAR, INSA, FCT.