

# Tuna Swaps

We use **5 oz canned chunk light tuna in water** because it balances cost, nutrition, and convenience, making it a practical choice for everyday cooking. However, you can choose another option. Here are a few swaps and how they differ:



## Similar Swaps

\*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.



### ALBACORE

Albacore is meatier and milder-flavored, has much higher mercury levels (1 can per week during pregnancy VS 2-3 of light tuna) higher cost



### PACKET

Convenient and portable, softer texture, similar in price and nutrition per gram but tends to be a slightly smaller serving

## Other Options

\*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



### TUNA IN OIL

Higher in calories and fat, richer flavor and softer texture, similar protein per serving



### TI APIA

Mild-flavored white fish, similar nutritional profile, requires cooking



### CANNED SALMON

Richer flavor and more omega-3 fats, added nutrients like calcium and vitamin D if bones present, more costly



### CANNED CHICKEN

Similar protein and calories to tuna with no mercury concerns, very different flavor/textured, may be more expensive than tuna



### SARDINES

Higher in fat, omega-3s, calcium and slightly higher in calories. Stronger flavor, affordable, and nutrient-dense



### CHICKPEAS

When mashed can be a high-fiber plant alternative, lower in protein than tuna, more affordable per serving

# Chunk Light Tuna Packed In Water, Fact Sheet



Per 5 oz can

Calories	Fat	Protein	Carbs	Fiber	Cost
100	1	24	0	0	0.96

- **Convenient**, no-cook protein source
- On the **Protein Digestibility-Corrected Amino Acid Score (PDCAAS) scale**, which ranges from 0–1 (1 = most bioavailable), tuna scores close to 1.0, meaning your body can almost fully use the protein. This is because tuna has **all essential amino acids** in amounts your body needs.
- Chunk light tuna in water has **relatively lower mercury content** than other tuna products, making it a solid choice to consume in moderation for populations such as those who are pregnant.
- Humans cannot synthesize essential fatty acids (EFA) and are dependent on dietary sources. While lower in total fat as compared to other fish, tuna products packaged in water had **higher EPA + DHA content** and lower n-6: n-3 ratios as compared to tuna products packed in oil.



# Wild Caught

Leaner, slightly lower calories and fat than farmed, higher in natural omega-3s, minimally processed

Sustainably sourced  
/ MSC certified

Fish caught or farmed in ways that minimize environmental impact, ensures populations are not overfished



F.Y.I.

Oil-packed  
products may be  
preferable for those  
individuals with need  
for increased  
essential fatty acids,  
such as for patients  
with cystic fibrosis.