

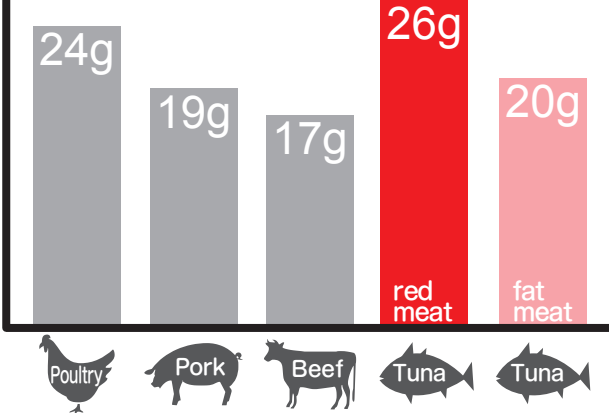
# Powerful nutritional values of tunas



• Tunas have by far a larger amount of **protein** as compared with other protein food commodities.

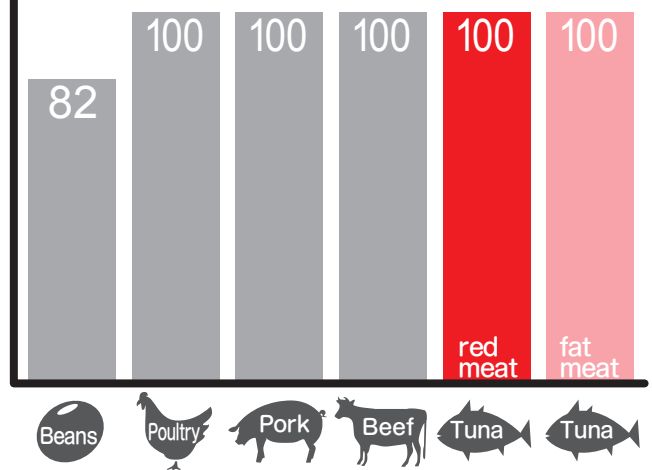
→ This makes the tuna a food having a high effectiveness for growth and maintaining health.

[Protein contents in 100 grams of meat]



• Tunas have maximum amount of essential **amino acid**, with nine types of this acid exceeding the standard value.

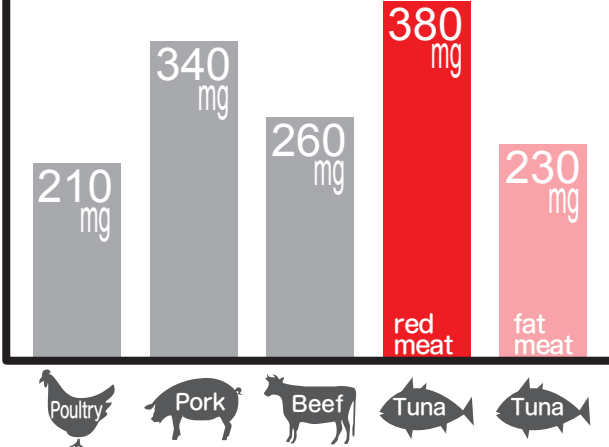
[Amino acid value (max. 100)]



• Tunas have abundant **potassium**.

→ Tunas have effectiveness for preventing high blood pressures as they have functions to discharge sodium out of human body.

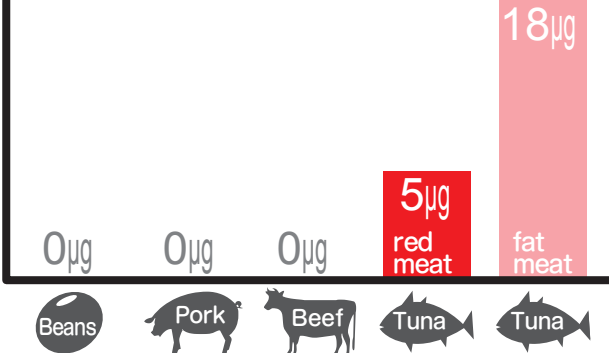
[Potassium contents in 100 grams of meat]



• Tunas have abundant **vitamin D**.

→ Tunas help absorption of calcium and are effective in preventing osteoporosis.

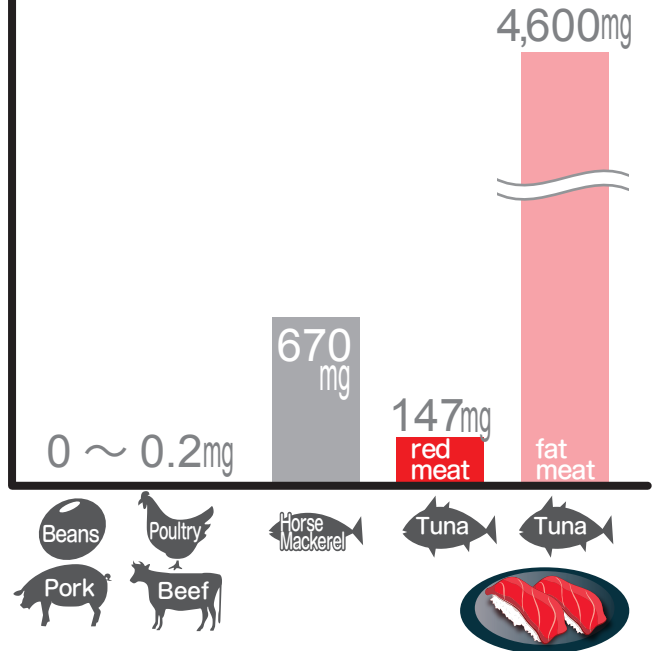
[Vitamin D contents in 100 grams of meat]



• Tunas have abundant **unsaturated fatty acid**

→ Tuna makes human blood clean and are effective in preventing lifestyle-related illnesses

[DHA+EPA contents in 100 grams of meat]



Source: Table of standard ingredients of food in Japan (fifth revised version) (Ministry of Education and Science)

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