

# Popular Canned Seafood on the Market

Variety	Serving Size	Calories	Fat (g)	Protein (g)	Sodium (mg)	Vitamin D (% DV)	Iron (% DV)	Calcium (% DV)
Safe Catch Wild Elite Pure Tuna	3 oz	100	0	24	210	0	4	0
Bumble Bee Wild Caught Sockeye Salmon	3 oz (1/3 cup)	130	6	20	300	50	4	20
Wild Planet Sardines in Extra-Virgin Olive Oil	3 oz	170	11	18	260	50	10	15
Bumble Bee Whole Baby Clams	5 oz	70	1	13	680	0	50	6
Bumble Bee Whole Oysters	3 oz (1/3 cup)	110	5	14	410	0	35	2
Bumble Bee White Crabmeat	4.25 oz	80	1.5	16	680	0	2	15
Cento Flat Fillets of Anchovies	0.5 oz	35	2	4	960	0	0	2
Scout Organic PEI Mussels	3.5 oz	90	2.5	10	340	Not listed	11	3

**SOURCE:** THE PRODUCTS AND INFORMATION IN THIS TABLE COME FROM COMPANY WEBSITES, WALMART.COM, AND AMAZON.COM, AND REPRESENT ONLY A SAMPLE OF THE MANY CANNED SEAFOOD VARIETIES ON THE MARKET.