

## The New Tuna in Town: Troll-Caught Albacore

**Wondering about tuna? One canned tuna has it all: high omega-3 content and succulent flavor. It's time to check out Pacific troll-caught albacore tuna. Here are the facts:**

### What Makes Troll-Caught Albacore Different?

- Unique Population Troll-caught albacore are younger, smaller, richer fish than their cousins harvested from the warm waters of the tropical Pacific. Troll-caught albacore come exclusively from cold Pacific waters. These differences in environment and age result in differences in composition. The Monterey Bay Aquarium Seafood Watch calls the troll-caught albacore fishery healthy and sustainable.
- Rich in Omega-3s These are the essential fatty acids, unique to seafood, that boost heart health, reduce the chance of sudden cardiac mortality, improve blood fat levels, are essential for infant brain and neural development, and are linked to improvements in several inflammatory and immune conditions such as rheumatoid arthritis. Because troll-caught albacore are rich in fat, they contain more omega-3s than any other canned tuna. Fresh troll-caught albacore offer 2-3 times more heart-healthy omega-3s than most other fatty fish. The American Heart Association recommends eating two servings of fish rich in omega-3 fatty acids a week.
- Common Albacore vs. Troll-Caught Albacore Common canned albacore or “white meat” tuna, the kind found on supermarket shelves, comes from tropical Pacific waters. During processing, nearly all the fat is lost. Common canned albacore is almost fat-free, but has very little omega-3 fatty acids. In contrast, Pacific troll-caught albacore are younger fish from colder, northern waters. Troll-caught albacore are handled to retain their fat with all its healthful omega-3s. That’s why troll-caught albacore tastes juicy and rich and has all the health benefits of these special omega-3 fatty acids.
- What About Light Meat Canned Tuna? Light meat tuna comes from different species of tuna, usually skipjack or yellowfin tuna. But no distinction among species appears on the labels of canned light meat tuna. The flesh color is usually slightly darker than albacore. These fish, like tropical albacore, come from warm waters and are rich in protein, but have less fat and omega-3 fatty acids than troll-caught albacore.
- Where to Find Troll-Caught Albacore These delicious fish are available fresh in the Pacific Northwest during the harvest season, July through September. Some frozen troll-caught albacore can be found in food markets. Canned gourmet-style troll-caught albacore is available from specialty markets and at some farmers’ markets under the brands Kimmel’s, Island Trollers, Pelican’s Choice, Papa George Gourmet, and Shamrock. What’s more, troll-caught albacore can be purchased online from specialty packers (see list). StarKist® and Chicken of the Sea®. Sometimes pack troll-caught albacore in cans or pouch-packs. It can be identified by the nutrition label with “3 grams fat/serving” in contrast to the usual “1 gram” of fat.

## **The New Tuna in Town: Troll-Caught Albacore**

**Online Suppliers of Troll-Caught Albacore Include: (not limited to - see updated list at <<http://www.albatuna.com>>**

<http://www.islandtrollers.com/products.cfm>

<http://www.seamaiden.com/products.cfm>

<http://www.pelicanpackers.com>

<http://www.albatuna.com/Shamrock.htm>

<http://newdayfisheries.com/>

<http://www.papageorgetuna.com/>

### **Fish Market Sources of Fresh and Canned Troll-Caught Albacore:**

Jesse's Ilwaco Fish Co., Ilwaco, WA. Fresh and canned product under the label "Seaside."

360-642-3773

Sunrise Seafoods, Ilwaco, WA. Fresh and canned under the label "Sunrise."

360-642-2110

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