

# Yellowfin Tuna

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Torpedo shaped and beautifully colored, yellowfin tuna (*Thunnus albacares*) are members of the very large mackerel (*Scombridae*) family. Found in warm ocean waters, they restlessly roam the deeper offshore waters of Florida's Gulf and Atlantic coasts.

Yellowfin tuna can weigh up to 300 pounds but average weights in commercial catches are between 20 and 100 pounds. In Florida, yellowfin are commercially harvested exclusively with hook-and-line which makes the fishery "dolphin-safe."

Yellowfin tuna are versatile food fish and the meat is consumed raw, cooked, smoked and canned. The lean meat is widely used in sashimi, raw fish dishes popular in Japan and a connoisseur's delicacy in the United States as well. Yellowfin tuna steak has a firm, dense beef-like texture which makes it excellent for grilling and is traditionally cooked rare to medium-rare in the center as for beef steak.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portions: Calories 130, Calories From Fat 20, Total Fat 2g, Saturated Fat 0.5g, Trans Fatty Acid 0, Cholesterol 50mg, Sodium 70mg, Total Carbohydrates 0g, Protein 26g, Omega 3 Fatty Acid 0.23g.

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

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