

SWITCH TO FISH.

Did you know

- 8 oz. (2 servings) of seafood is recommended each week
- Seafood, like tuna and salmon, contains healthy unsaturated fats—the omega-3s DHA and EPA
- Omega-3s may reduce inflammation that can damage blood vessels



Eating about 2 servings of seafood per week may

- Reduce the risk of heart disease
- Support a healthy weight

With StarKist® pouches on hand, adding seafood to your diet is easier than ever.



TEAR. EAT. GO.™

With everyday life so hectic these days, it can be challenging to eat a healthy diet. StarKist® tuna and salmon pouches can help you stay on track even while you're on the go.



SIMPLE

Tear open a StarKist® tuna or salmon pouch and eat it straight from the pouch or top your favorite salad! No draining and no can opener required!



NUTRITIOUS

Each pouch has 13g+ of lean protein, vitamin D, DHA and EPA omega-3s, B vitamins, and selenium.






DELICIOUS

Our tuna and salmon pouches come in 21 flavor varieties, including low-sodium choices. Now you are ready to conquer your day.

TEAR AND PAIR.

Think tuna is just for salads or casseroles? Think again. With StarKist® tuna and salmon pouches you have delicious grab-and-go convenience at your fingertips. Try the pairings below for a hearty snack or light lunch.

 Tuna Creations® Ranch	+	 Avocado	+	 Rice Cake
 Salmon Creations® Lemon Dill	+	 Capers	+	 Pita Chips
 Low Sodium Chunk Light Tuna	+	 Cucumber	+	 Cherry Tomatoes
 Tuna Creations® Sweet & Spicy	+	 Peanuts	+	 Red Peppers