

## Health Benefits of Troll Caught Albacore Tuna©

*Prepared by American Fishermen's Research Foundation, 2005*

Seafood aficionados and discerning chefs have a secret that many health-conscious consumers do not know. It is that familiar diet food tuna, but it's not just any tuna. The secret is troll-caught albacore tuna, whose short seasonal catch runs from July through October in the Pacific Northwest.

Sought after by chefs for its richer flavor and loaded with heart healthy omega-3 fatty acids, troll caught albacore tuna from cold Pacific waters are a health find, either fresh or canned. In fact, according to recent scientific analysis, cold water albacore tuna offers two to three times the amount of heart protecting omega-3 fatty acids as albacore from the warmer waters of the tropical Pacific.

So, why does location make a difference to how much healthy oils are in tuna? "Troll-caught albacore tuna, caught one at a time, are smaller, typically less than 20 pounds, and younger than the albacores caught in warmer tropical Pacific waters," explained John LaGrange, fisherman and President of the American Fishermen's Research Foundation. "In the cold northern waters, troll-caught albacore tuna have more protective fat, in this case, the heart healthy kind," LaGrange said.

The American Heart Association recommends eating two servings of fish a week, preferably of fatty fish. Troll-caught albacore tuna joins the list of fish – including salmon, sardines, and rainbow trout – that are especially high in omega-3s.

According to Joyce Nettleton, D.Sc., seafood nutrition expert and author of *Omega-3 Fatty Acids and Health*, research from the past 30 years reveals that people who consume fish regularly have significantly lower risk of heart disease and death compared with non-fish eaters. "Omega-3s in fish improve the electrical stability of the heart," she explained. "That makes abnormal heart rhythms – a cause of sudden death – much less likely." Eating fish regularly can reduce the chance of stroke, improve blood lipid levels, make blood vessels function better, and contribute to other valuable heart-protective activities. As Nettleton pointed out, these health benefits make troll-caught albacore a wise choice for people seeking to improve their health and their diets.

Differences in oil content appear on the nutrition labels of canned product where weight-conscious dieters have habitually looked for the lowest-fat tuna on the supermarket shelf. But, says Nettleton, dieters are missing the point. "In addition to unbelievable flavor, they're missing out on the vital omega-3s that a few extra calories would give them," She noted.

Troll-caught albacore tuna is packed in the United States almost exclusively by specialty processors who can the meat using a process that retains the natural fat. So, although the total fat content is higher than common canned albacore or 'white meat' tuna, the desirable omega-3 content is up to three times higher in troll-caught albacore tuna. Fish packed as 'light meat' tuna include different species of tuna that are rich in protein, but offer little fat or omega-3s after they

have been processed.

There's one catch to this healthy albacore tuna – finding troll-caught albacore may take a little line work – online! Consumers can find sources and ordering information for the healthful delicacy at [www.albatuna.com](http://www.albatuna.com) . Brand name U.S. canners sometimes pack troll-caught albacore tuna in cans or pouch-packs. It can be identified by the nutrition label with “3 grams fat per serving” in contrast to the usual “1 gram fat per serving.”

The full report on Health Benefits of Troll Caught Albacore Tuna may be obtained by requesting a copy from American Fishermen's Research Foundation, P.O. Box 992723, Redding, CA 96099, email [wfoa@charter.net](mailto:wfoa@charter.net) , or view an online version at [www.albatuna.com](http://www.albatuna.com) under “What you need to know: Omega-3s Health Benefits Galore” or [www.afrf.org](http://www.afrf.org) under the “Public Education” link.

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