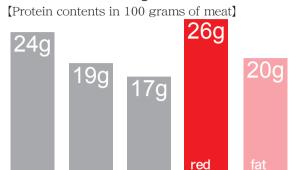
Oh! Super

- •Tunas have by far a larger amount of protein as compared with other protein food commodities.
- This makes the tuna a food having a high effectiveness for growth and maintaining health.









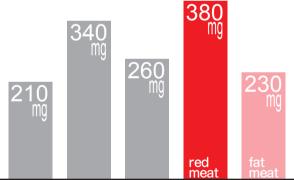


mea



- Tunas have abundant potassium.
- →Tunas have effectiveness for preventing high blood pressures as they have functions to discharge sodium out of human body.

[Potassium contents in 100 grams of meat]













- Tunas have abundant vitamin D.
- Tunas help absorption of calcium and are effective in preventing osteoporosis.

[Vitamin D contents in 100 grams of meat] 5µ9 red Ou0Oug Oug meat

Beans

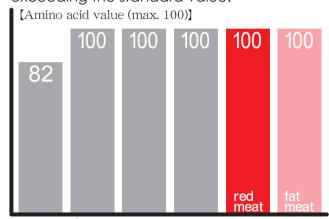








 Tunas have maximum amount of essential amino acid, with nine types of this acid exceeding the standard value.















- Tunas have abundant unsaturated fatty acid
 - Tuna makes human blood clean and are effective in preventing lifestyle-related illnesses

[DHA+EPA contents in 100 grams of meat] 4.600mg 47mg 0.2ma













Source: Table of standard ingredients of food in Japan (fifth revised version) (Ministry of Education and Science)

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