



Canned Tuna Taste Test Results

Products included in this taste test were purchased in January 2014 at Lansing-area stores.
Costs were actual price paid. White = Albacore; Light = All other tuna.

Product Tested	Cost	Omega-3 Fatty Acids (DHA + EPA) mg per 2 oz serving	Taste Testers' Comments	Rank
Wild Planet Skipjack Light Tuna (5 oz can—do not drain)	\$3.99 at Target (\$0.80/oz)	573	Testers commented about the odd pinkish brown color but raved about the flavor referring to it as “yummy” and “concentrated” without being overly fishy. Very chunky.	# 1 Winner
Henry & Lisa's Solid White Tuna (5 oz jar—do not drain)	\$7.69 at Foods for Living (\$1.54/oz)	1866	Testers commented about firm texture “like chicken” that would work well on a salad. One tester rated it #1 in taste and another said, “I like this.” Described as “a little dry” and good fish flavor.	# 2
Bumble Bee Solid White Albacore Tuna in Water (5 oz can, drained wt 4 oz)	\$2.99 at Kroger (\$0.75/oz)	40	Testers described this tuna as flaky and attractive. Most testers focused on the dry texture and mild flavor commenting that it was “light and watery” with a “sawdust-like texture.”	#3
Wild Planet Albacore Tuna (5 oz can—do not drain)	\$4.19 at Target (\$0.84/oz)	1384	Testers commented that this tuna was “dry and firm, just ok” and “middling—not bad, not good.” Overall, it was described as less dry than other solid tunas and had a mild fish flavor.	#4 (tie)
Chicken of the Sea Solid White Tuna-No Drain (4 oz can—do not drain)	\$2.59 at Kroger (\$0.65/oz)	300 (general statement about albacore tuna)	Tasters said this tuna was “dry” and firm, not mushy. It was a flavor toss-up described as “metallic,” “strange—is this tuna?” and “very bland, inoffensive.”	#4 (tie)
Starkist Selects Chunk White Tuna in Water (5 oz can, drained wt 4 oz)	\$2.29 at Kroger (\$0.59/oz)	No label information about omega-3 content	Testers generally found this tuna to be plain and solid with very little flavor. Specific comments were “dry, dry, dry like cardboard” and “absolutely void of flavor.”	#6
Chicken of the Sea Solid White Tuna in Water (5 oz can, drained wt 4 oz)	\$2.19 at Kroger (\$0.55/oz)	300 (general statement about albacore tuna)	Testers found this tuna to be dry and firm with either “no flavor at all” or “bad, fishy flavor.”	#7
Starkist Chunk Light Tuna in Water (5 oz can, drained wt 4 oz)	\$1.39 at Kroger (\$0.35/oz)	No label information about omega-3 content	Generally, testers found this tuna to be “wet,” “strongly fishy” with an “odd color.”	#8 (tie)
Chicken of the Sea Chunk Light Tuna in Water (5 oz can, drained wt 4 oz)	\$0.99 at Kroger (\$0.25/oz)	100 (general statement about light tuna)	Testers did not like the appearance of this tuna. One tester wondered “Is this cat food?” It was noted to have an “odd fishy taste” with a “mushy texture.”	#8 (tie)
Bumble Bee Chunk Light Tuna in Water (5 oz can, drained wt 4 oz)	\$1.29 at Kroger (\$0.29/oz)	95	Testers found this tuna's flavor to be “decent” but could not get past the “visually unappealing” appearance and “mushy, gross texture.”	#10