

About Line Caught Tuna

Line - caught albacore tuna refers to 3-to-5 year old albacore harvested by trailing lures behind a slow-moving boat.

Commercial fishermen from West Cornwall are pioneering this low-impact, environmentally responsible fishing technique to harvest albacore, while albacore fishing fleets from other countries tend to use other fishing methods. [Low Carb Diet Information](#)

Whether you are new to low-carb nutrition or a seasoned carb-counting veteran, albacore tuna is a natural fit in your regime. Albacore tuna is naturally low in carbohydrates, and rich in heart-healthy Omega-3 fatty acids. Albacore tuna is a good source of protein and does not have the high saturated fat that fatty meat products.

For biological reasons, younger line-caught albacore have more beneficial Omega-3 fatty acids than older, larger albacore. Omega-3s are associated with reducing the risks or effects of heart disease, strokes, high blood pressure, cancer, arthritis, lupus, and other diseases. You'll also find that because of their natural Omega-3 content, the rich, satisfying, yet mild meat from line-caught albacore needs less mayonnaise or other unhealthy added fats in your favorite recipes.

One should also realize that Cornish Line Caught Tuna is not always easy to find or even identify. The vast majority of tuna available in the UK today is the larger, older tuna harvested by foreign fishing fleets; consumers interested in trying Cornish Line Caught Tuna will need to specifically ask for it in most restaurants, supermarkets, and at seafood counters. That said, some retailers and restaurants in the UK offer line-caught tuna and each year fishermen from Newlyn will sell part of their catch directly to the public.