



# StarKist®

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January 2012

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## Perfect 100-Calorie\* Solution: the Flavor Fresh Pouch

### Kristie, Have you heard?

Hungry Girl recently gave our Pouch her coveted **Stamp of Approval!** Here's why:

- A great source of lean, healthy protein
- Great before or after your workout
- Perfect to keep in your desk at work
- Available in 14 delicious varieties



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'LIKE' StarKist on Facebook for more details and offers. 

\*or less per serving.

### Hungry Girl

"TOP ATE" reasons for loving the StarKist Flavor Fresh Pouch®

1. No fridge needed = perfect to stash in gym bags, desk drawers, and more!
2. Pair tasty tuna with high-fiber crackers and some fruit... Fancy!
3. Most varieties have less than 100 calories per serving!

[Read More](#)

### LIVE CHAT JANUARY 9TH

Join Hungry Girl and Charlie® the Tuna for a live chat on Monday, January 9th at 3 p.m. EST!

[Visit Hungry-Girl.com for more details.](#)



### Low-Calorie Recipes!

#### Tuna Tostada

So flavorful you'll never know you used low sodium tuna!



Visit [StarKist.com](#) for more delicious recipes!

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## SAVE 75¢



on any TWO (2) StarKist® Tuna Pouch Products

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### See why people are thanking Charlie!



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