

Tuna vs Salmon (vsdiff.com)

Feature	Tuna	Salmon
Type	Fish	Fish
Habitat	Open oceans	Rivers and oceans
Size	Up to 1,500 pounds	Up to 100 pounds
Flavor	Rich and meaty	Delicate and buttery
Health Benefits	High in omega-3 fatty acids	Rich in vitamins and minerals
Common Dishes	Sushi, steaks	Grilled, smoked

Source: <https://vsdiff.com/tuna-vs-salmon/>