



**Nutrition Facts Label and Allowable Nutrient Claims for a single 4 oz serving**

**INGREDIENTS:** Hawaii Bigeye Tuna (*Thunnus obesus*) (known as **ahī** in Hawaii)

<b>Nutrition Facts</b>	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Potassium</b> 280mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 27g	<b>54%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
Niacin 100%	• Vitamin B6 35%
Vitamin B12 40%	• Phosphorus 20%
Iodine 10%	• Magnesium 10%
Selenium 160%	
*Percent Daily Values are based on a 2,000 calorie diet.	

**Claims for Hawaii Bigeye Tuna**

Hawaii Bigeye Tuna is an excellent source of healthy, extra lean protein. It is also low in saturated fat and low in sodium. It is rich in niacin, vitamin B6, vitamin B12, selenium and phosphorus. Hawaii Bigeye Tuna is a good source of iodine and magnesium. Hawaii Bigeye Tuna also provides about 500 mg of omega-3's (DHA and EPA) per 4 ounce serving of fresh fish.

**SOURCE:** Nutrient analysis was performed on Hawaii-caught fish by PacMar Inc., Honolulu, Hawaii under NOAA Award No. NA06NMF4520222. Nutrient labels and claims follow the NLEA Labeling Act and were prepared by Joannie Dobbs, PhD, CNS Nutrition Specialist (University of Hawaii, Manoa) and John Kaneko MS, DVM (PacMar)



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