



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

INGREDIENTS: Hawaii Wahoo (*Acanthocybium solandri*) (known as **ono** in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	2%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 55mg	19%
Sodium 120mg	5%
Potassium 250mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	51%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 80%	• Vitamin B6 30%
Vitamin B12 25%	• Phosphorus 25%
Iodine 8%	• Magnesium 8%
Selenium 110%	

*Percent Daily Values are based on a 2,000 calorie diet.

Claims for Hawaii Wahoo

Hawaii Wahoo 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, phosphorus and selenium. Hawaii Wahoo also provides about 375 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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