



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

INGREDIENTS: Hawaii Moonfish (*Lampris guttatus*) (known as **opah** in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 3.5g	
Cholesterol 60mg	19%
Sodium 80mg	3%
Potassium 180mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	47%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 45%	• Vitamin B6 25%
Vitamin B12 50%	• Phosphorus 20%
Iodine 6%	• Magnesium 8%
Selenium 70%	

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

Claims for Hawaii Moonfish

Hawaii Moonfish is a rich source of protein, niacin, vitamin B6, vitamin B12, phosphorus, and selenium. It is also low in sodium. Hawaii Moonfish also provides about 1800 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)



Nutrition Facts Label for multiple 4 oz servings

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