



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

**INGREDIENTS:** Hawaii Sickle Pomfret (*Taractichthys steindachneri*) (known as *monchong* in Hawaii)

<b>Nutrition Facts</b>	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 50mg	<b>16%</b>
<b>Sodium</b> 85mg	<b>3%</b>
<b>Potassium</b> 240mg	<b>7%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 23g	<b>47%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 60%	• Vitamin B6 30%
Vitamin B12 25%	• Phosphorus 20%
Iodine 10%	• Magnesium 8%
Selenium 120%	

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

**Claims for Hawaii Sickle Pomfret**

Hawaii Sickle Pomfret 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 Sickle Pomfret is a good source of iodine. Hawaii Sickle Pomfret also provides about 350 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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Servings Per Container about	
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