



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

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

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 50mg	16%
Sodium 85mg	3%
Potassium 240mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	47%
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 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 (HSC)





Nutrition Facts Label for multiple 4 oz servings

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Hawaii Seafood Council (www.hawaii-seafood.org)
With support from NOAA

