



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

INGREDIENTS: Hawaii Yellowfin Tuna (*Thunnus albacares*) (known as *ahi* in Hawaii)

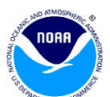
Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 40mg	14%
Sodium 90mg	4%
Potassium 290mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 30g	60%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
Niacin 110%	• Vitamin B6 40%
Vitamin B12 60%	• Phosphorus 30%
Iodine 8%	• Magnesium 10%
Selenium 200%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Claims for Hawaii Yellowfin Tuna

Hawaii Yellowfin 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, phosphorus and selenium. Hawaii Yellowfin Tuna is a good source of magnesium. Hawaii Yellowfin Tuna 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)

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





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