



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

INGREDIENTS: Hawaii Skipjack Tuna (*Katsuwonus pelamis*) (known as **aku** in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	2%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 45mg	15%
Sodium 80mg	3%
Potassium 310mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 29g	59%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
Niacin 150%	• Vitamin B6 35%
Vitamin B12 60%	• Phosphorus 25%
Iodine 40%	• Magnesium 10%
Selenium 250%	

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

Claims for Hawaii Skipjack Tuna

Hawaii Skipjack 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, iodine, phosphorus, and selenium. Hawaii Skipjack Tuna is a good source of magnesium. Hawaii Skipjack Tuna also provides about 300 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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