



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

**INGREDIENTS:** Hawaii Swordfish (*Xiphias gladius*) (known as **mekajiki** or **shutome** in Hawaii)

<b>Nutrition Facts</b>	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>13%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Potassium</b> 290mg	<b>8%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 21g	<b>43%</b>
Vitamin A 2%	• Vitamin C 2%
Calcium 0%	• Iron 2%
Niacin 50%	• Vitamin B6 10%
Vitamin B12 30%	• Phosphorus 25%
Iodine 10%	• Magnesium 8%
Selenium 60%	
*Percent Daily Values are based on a 2,000 calorie diet.	

**Claims for Hawaii Swordfish**

Hawaii Swordfish is an excellent source of lean protein. It is rich in niacin, vitamin B12, phosphorus and selenium and it is also low in sodium. Hawaii Swordfish is a good source of vitamin B6 and iodine. Hawaii Swordfish also provides about 1200 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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