



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

INGREDIENTS: Hawaii Spearfish (*Tetrapturus angustirostris*) (known as **hebi** in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 50mg	17%
Sodium 125mg	5%
Potassium 210mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	46%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 50%	• Vitamin B6 10%
Vitamin B12 30%	• Phosphorus 20%
Iodine 10%	• Magnesium 8%
Selenium 90%	

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

Claims for Hawaii Spearfish

Hawaii Spearfish 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 B12, phosphorus and selenium. Hawaii Spearfish is a good source of vitamin B6 and iodine. Hawaii Spearfish 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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