



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

INGREDIENTS: Hawaii Long-tail Red Snapper (*Etelis coruscans*) (known as *onaga* in Hawaii)

| Nutrition Facts | |
|------------------------------------|----------------------|
| Serving Size 4 ounces fresh (113g) | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3.5g | 5% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 1g | |
| Cholesterol 45mg | 15% |
| Sodium 90mg | 4% |
| Potassium 240mg | 7% |
| Total Carbohydrate 0g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| Protein 22g | 45% |
| Vitamin A 0% | • Vitamin C 0% |
| Calcium 0% | • Iron 2% |
| Niacin 40% | • Vitamin B6 25% |
| Vitamin B12 30% | • Phosphorus 15% |
| Iodine 8% | • Magnesium 8% |
| Selenium 80% | |

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

Claims for Hawaii Long-tail Red Snapper

Hawaii Long-tail Red Snapper 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 Long-tail Red Snapper also provides about 875 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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