



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

INGREDIENTS: Hawaii Pink Snapper (*Pristipomoides filamentosus*) (known as *opakapaka* in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 110	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 75mg	3%
Potassium 310mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	50%
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 2%
Niacin 35%	• Vitamin B6 25%
Vitamin B12 30%	• Phosphorus 25%
Iodine 8%	• Magnesium 8%
Selenium 60%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Claims for Hawaii Pink Snapper

Hawaii Pink 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 Pink Snapper also provides about 275 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)



Nutrition Facts Label for multiple 4 oz servings

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Hawaii Seafood Council (www.hawaii-seafood.org)
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