



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

INGREDIENTS: Hawaii Blue Marlin (*Makaira nigricans*) (known as *kajiki* in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 35mg	12%
Sodium 45mg	2%
Potassium 270mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 29g	57%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 25%	• Vitamin B6 35%
Vitamin B12 20%	• Phosphorus 4%
Iodine 20%	• Magnesium 10%
Selenium 260%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Claims for Hawaii Blue Marlin

Hawaii Blue Marlin 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, and selenium. Hawaii Blue Marlin is a good source of iodine and magnesium. Hawaii Blue Marlin also provides about 200 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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