



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

**INGREDIENTS:** Hawaii Moonfish (*Lampris guttatus*) (known as **opah** in Hawaii)

<b>Nutrition Facts</b>	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 8g	<b>13%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 3.5g	
<b>Cholesterol</b> 60mg	<b>19%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Potassium</b> 180mg	<b>5%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 24g	<b>47%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 45%	• Vitamin B6 25%
Vitamin B12 50%	• Phosphorus 20%
Iodine 6%	• Magnesium 8%
Selenium 70%	

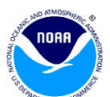
\*Percent Daily Values are based on a 2,000 calorie diet.

**Claims for Hawaii Moonfish**

Hawaii Moonfish is a rich source of protein, niacin, vitamin B6, vitamin B12, phosphorus, and selenium. It is also low in sodium. Hawaii Moonfish also provides about 1800 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](http://www.hawaii-seafood.org))  
With support from NOAA





**Nutrition Facts Label for multiple 4 oz servings**

**INGREDIENTS:** Hawaii Moonfish (*Lampris guttatus*) (known as **opah** in Hawaii)

<b>Nutrition Facts</b>	
Serving Size 4 ounces fresh (113g)	
Servings Per Container about	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 8g	<b>13%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 3.5g	
<b>Cholesterol</b> 60mg	<b>19%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Potassium</b> 180mg	<b>5%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 24g	<b>47%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 45%	• Vitamin B6 25%
Vitamin B12 50%	• Phosphorus 20%
Iodine 6%	• Magnesium 8%
Selenium 70%	
*Percent Daily Values are based on a 2,000 calorie diet.	

**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](http://www.hawaii-seafood.org))  
With support from NOAA

