



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

INGREDIENTS: Hawaii Blue-green Snapper (*Aprion virescens*) (known as *uku* in Hawaii)

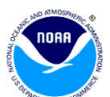
Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 50mg	16%
Sodium 65mg	3%
Potassium 390mg	11%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	49%
Vitamin A 0%	• Vitamin C --%
Calcium 0%	• Iron 2%
Niacin 50%	• Vitamin B6 15%
Vitamin B12 20%	• Phosphorus 6%
Iodine 25%	• Magnesium 8%
Selenium 40%	

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

Claims for Hawaii Blue-green Snapper

Hawaii Blue-green 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, and selenium. Hawaii Blue-green Snapper is a good source of potassium. Hawaii Blue-green Snapper also provides about 300 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)





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Hawaii Seafood Council (www.hawaii-seafood.org)
With support from NOAA

