



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

INGREDIENTS: Hawaii Albacore Tuna (*Thunnus alalunga*) (known as **tombo ahi** in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 45mg	15%
Sodium 80mg	3%
Potassium 300mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 31g	63%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
Niacin 130%	• Vitamin B6 50%
Vitamin B12 45%	• Phosphorus 25%
Iodine 10%	• Magnesium 10%
Selenium 140%	

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

Claims for Hawaii Albacore Tuna

Hawaii Albacore Tuna 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, selenium and phosphorus. Hawaii Albacore Tuna is a good source of iodine and magnesium. Hawaii Albacore Tuna also provides about 750 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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