



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

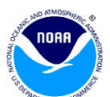
**INGREDIENTS:** Hawaii Mahimahi (*Coryphaena hippurus*)

<b>Nutrition Facts</b>	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Potassium</b> 310mg	<b>9%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 23g	<b>46%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 50%	• Vitamin B6 8%
Vitamin B12 30%	• Phosphorus 25%
Iodine 6%	• Magnesium 8%
Selenium 90%	
*Percent Daily Values are based on a 2,000 calorie diet.	

**Claims for Hawaii Mahimahi**

Hawaii Mahimahi 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 B12, phosphorus, and selenium. Hawaii Mahimahi also provides about 400 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**

**INGREDIENTS:** Hawaii Mahimahi (*Coryphaena hippurus*)

<b>Nutrition Facts</b>	
Serving Size 4 ounces fresh (113g)	
Servings Per Container about	
<b>Amount Per Serving</b>	
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<b>% Daily Value*</b>	
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Hawaii Seafood Council ([www.hawaii-seafood.org](http://www.hawaii-seafood.org))  
With support from NOAA

