



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

INGREDIENTS: Hawaii Sea Bass (*Epinephelus quernus*) (known as *hapuupuu* in Hawaii)

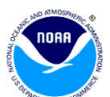
Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 40mg	14%
Sodium 75mg	3%
Potassium 270mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Niacin 15%	• Vitamin B6 10%
Vitamin B12 20%	• Phosphorus 15%
Iodine 6%	• Magnesium 8%
Selenium 45%	

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

Claims for Hawaii Sea Bass

Hawaii Sea Bass, also known as hapuupuu is an excellent source of healthy, extra lean protein. It is also low in saturated fat and low in sodium. It is rich in vitamin B12 and selenium. Hawaii Sea Bass is a good source of niacin, vitamin B6 and phosphorus. Hawaii Sea Bass also provides about 250 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

