



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

**INGREDIENTS:** Hawaii Skipjack Tuna (*Katsuwonus pelamis*) (known as **aku** in Hawaii)

<b>Nutrition Facts</b>	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
<b>Calories</b> 120	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> 45mg	<b>15%</b>
<b>Sodium</b> 80mg	<b>3%</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> 29g	<b>59%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
Niacin 150%	• Vitamin B6 35%
Vitamin B12 60%	• Phosphorus 25%
Iodine 40%	• Magnesium 10%
Selenium 250%	
*Percent Daily Values are based on a 2,000 calorie diet.	

**Claims for Hawaii Skipjack Tuna**

Hawaii Skipjack 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, iodine, phosphorus, and selenium. Hawaii Skipjack Tuna is a good source of magnesium. Hawaii Skipjack Tuna 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)



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

**INGREDIENTS:** Hawaii Skipjack Tuna (*Katsuwonus pelamis*) (known as **aku** in Hawaii)

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

