



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

INGREDIENTS: Hawaii Swordfish (*Xiphias gladius*) (known as *mekajiki* or *shutome* in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
Cholesterol 60mg	20%
Sodium 90mg	4%
Potassium 290mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	43%
Vitamin A 2%	• Vitamin C 2%
Calcium 0%	• Iron 2%
Niacin 50%	• Vitamin B6 10%
Vitamin B12 30%	• Phosphorus 25%
Iodine 10%	• Magnesium 8%
Selenium 60%	

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

Claims for Hawaii Swordfish

Hawaii Swordfish is an excellent source of lean protein. It is rich in niacin, vitamin B12, phosphorus and selenium and it is also low in sodium. Hawaii Swordfish is a good source of vitamin B6 and iodine. Hawaii Swordfish also provides about 1200 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

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Servings Per Container about	
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Hawaii Seafood Council (www.hawaii-seafood.org)
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