



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

INGREDIENTS: Hawaii Striped Marlin (*Tetrapturus audax*) (known as *nairagi* in Hawaii)

Nutrition Facts	
Serving Size 4 ounces fresh (113g)	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 40mg	13%
Sodium 90mg	4%
Potassium 250mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	48%
Vitamin A 0%	• Vitamin C --%
Calcium 0%	• Iron 4%
Niacin 100%	• Vitamin B6 30%
Vitamin B12 70%	• Phosphorus 20%
Iodine 8%	• Magnesium 8%
Selenium 190%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Claims for Hawaii Striped Marlin

Hawaii Striped Marlin 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, phosphorus and selenium. Hawaii Striped Marlin also provides about 825 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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