

WILD BANANA PRAWNS

NUTRITIONAL INFORMATION FOR SEAFOOD LABELLING AND PACKAGING

AUSTRALIAN FOOD AND GROCERY COUNCIL – DAILY INTAKE GUIDE

Some companies may already be using the AFGC "Front of Pack" symbols shown below. All companies are eligible to use this as long as you sign the AFGC *Code of Practice for Food Labelling and Promotion.* The information in this fact sheet can be inserted into the Daily Intake Guide symbols. There is a range of symbols available for various food ingredients. The AFGC supports this initiative with consumer and technical information, all of which is available at afgc.org.au

WILD BANANA PRAWNS – RAW TAIL MEAT



PER100g SERVE

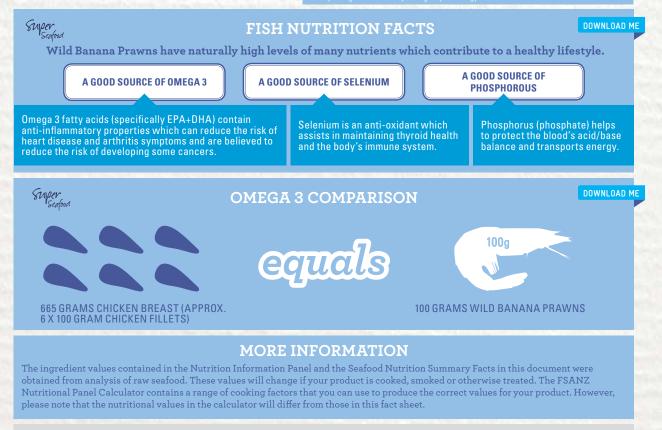
*Percentage daily intakes are based on an average adult diet of 8,700kJ. Your daily intakes may be higher or lower depending on your energy needs.

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WILD BANANA PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	238kJ	2.7	238kJ
PROTEIN	13.2g	26.4	13.2g
FAT, TOTAL	0.6g	0.9	0.6g
saturated	0.213g	0.89	0.213g
trans	0.002g		0.002g
polyunsaturated	0.257g		0.257g
omega 3	0.155g	-	0.155g
docosahexaenoic acid	76.7mg	255.7	76.7mg
eicosapentaenoic acid	63.4mg	211.3	63.4mg
monounsaturated	0.13g		0.13g
CARBOHYDRATE	Og	0	Og
sugars	Og	0	Og
SODIUM	509mg	22.1	509mg
SELENIUM	0.030mg	43.4	0.030mg
PHOSPHOROUS	331mg	33.1	331mg
IODINE	0.023mg	15.1	0.023mg
VITAMIN E	1mg	10.0	1mg

may be higher or lower depending on your ener





These Seafood Nutrition Summary Graphics and other useful resources such as the Industry Guidelines for Seafood and Health Nutrition Messages produced by the Centre of Excellence Science Seafood and Health are all available for download at seafoodcrc/superseafood

DOWNLOAD The Seafood CRC strongly recommends that you also consult the FSANZ Nutrition Information User Guide available at foodstandards.gov.au.