



# WILD BROWN TIGER PRAWNS

*Penaeus esculentus*

## 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](http://afgc.org.au)

### WILD BROWN TIGER PRAWNS – RAW TAIL MEAT



PER 100g 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.

### NUTRITION INFORMATION

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WILD BROWN TIGER PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
<b>ENERGY</b>	427kJ	4.9	427kJ
<b>PROTEIN</b>	23.4g	46.8	23.4g
<b>FAT, TOTAL</b>	0.92g	1.3	0.92g
saturated	0.262g	1.1	0.262g
trans	0.0028g		0.0028g
polyunsaturated	0.448g		0.448g
omega 3	0.276g		0.276g
docosahexaenoic acid	126mg	420.0	126mg
eicosapentaenoic acid	125mg	416.7	125mg
monounsaturated	0.207g		0.207g
<b>CARBOHYDRATE</b>	0g	0	0g
sugars	0g	0	0g
<b>SODIUM</b>	273mg	11.9	273mg
<b>SELENIUM</b>	0.0292mg	41.7	0.0292mg
<b>PHOSPHOROUS</b>	327mg	32.7	327mg
<b>IODINE</b>	0.0781mg	52.1	0.0781mg
<b>VITAMIN E</b>	1.6mg	16.0	1.6mg
<b>MAGNESIUM</b>	54mg	16.9	54mg
<b>ZINC</b>	1.69mg	14.1	1.69mg

\*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.

### FISH NUTRITION FACTS

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Wild Brown Tiger Prawns have naturally high levels of many nutrients which contribute to a healthy lifestyle.

#### A GOOD SOURCE OF OMEGA 3

Omega 3 fatty acids (EPA+DHA) contain anti-inflammatory properties which can reduce the risk of heart disease and arthritis symptoms and are believed to reduce the risk of developing some cancers

#### A GOOD SOURCE OF PHOSPHOROUS

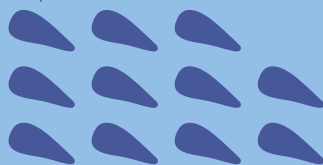
Phosphorous (phosphate) helps to protect the blood's acid/base balance and transports energy.

#### A GOOD SOURCE OF SELENIUM

Selenium is an anti-oxidant which assists in maintaining thyroid health and the body's immune system.

### OMEGA 3 COMPARISON

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1160 GRAMS CHICKEN BREAST (APPROX. 11 X 100 GRAM FILLETS)

**equals**



100 GRAMS WILD BROWN TIGER PRAWNS

### MORE INFORMATION

The ingredient values contained in the Nutrition Information Panel and the Seafood Nutrition Summary Facts in this document were obtained from analysis of raw seafood. These values will change if your product is cooked, smoked or otherwise treated. The FSANZ Nutritional Panel Calculator contains a range of cooking factors that you can use to produce the correct values for your product. However, please note that the nutritional values in the calculator will differ from those in this fact sheet.



AUSTRALIAN SEAFOOD COOPERATIVE RESEARCH CENTRE



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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](http://seafoodcrc/superseafood)

The Seafood CRC strongly recommends that you also consult the *FSANZ Nutrition Information User Guide* available at [foodstandards.gov.au](http://foodstandards.gov.au).