



WILD ENDEAVOUR PRAWNS

Metapandeus endeavouri

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 ENDEAVOUR 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 ENDEAVOUR PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	404kJ	4.6	404kJ
PROTEIN	22.5g	45.0	22.5g
FAT, TOTAL	0.75g	1.1	0.75g
saturated	0.241g	1.0	0.241g
trans	0.003g		0.003g
polyunsaturated	0.361g		0.361g
omega 3	0.171g		0.171g
docosahexaenoic acid	81.9mg	273.0	81.9mg
eicosapentaenoic acid	69.6mg	232.0	69.6mg
monounsaturated	0.146g		0.146g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	332mg	14.4	332mg
SELENIUM	0.0646mg	92.3	0.0646mg
PHOSPHOROUS	282mg	28.2	282mg
IODINE	0.0971mg	64.7	0.0971mg
VITAMIN E	1.7mg	17.0	1.7mg
MAGNESIUM	55.7mg	17.4	55.7mg
ZINC	1.64mg	13.7	1.64mg

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FISH NUTRITION FACTS

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

A GOOD SOURCE OF OMEGA 3

Omega 3 fatty acids (specifically 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 IODINE

Iodine is an integral part of the thyroid hormone and helps normal growth and metabolism.

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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710 GRAMS CHICKEN BREAST (APPROX. 7 X 100 GRAM FILLETS)

equals



100 GRAMS WILD ENDEAVOUR 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

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