



Super Seafood

WHAT'S IN AUSTRALIAN SEAFOOD?



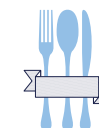
WHY SEAFOOD IS SUPER

You may have heard that Australian seafood is healthy and safe but do you know why?

In 2012, the Australian Seafood Cooperative Research Centre released the results of comprehensive laboratory testing conducted on fresh, Australian wild and farmed seafood. This was the first major update in more than ten years, utilising more advanced testing methods than previous studies. The study was also prompted by a scarcity of nutritional data for key Australian seafood species. Now consumers and industry have an accurate, up to date understanding of what's in Australian seafood.

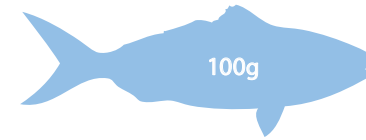
The results of this scientific study have confirmed that Australian seafood is healthy, safe to eat and contains vital nutrients and omega 3. All species tested were compliant with Australian regulatory minimum levels for cadmium and lead.

SO HAVE YOU HAD YOUR THREE SERVES OF AUSTRALIAN SEAFOOD THIS WEEK?



FISH

SUPER



100 GRAMS
FARMED ATLANTIC SALMON

equals

THE SAME OMEGA 3 AS



4000 GRAMS SCOTCH FILLET STEAK
(APPROX. 20 X 200 GRAM STEAKS)

FARMED ATLANTIC SALMON
- RAW, SKIN-ON FILLETS

ENERGY 949 kJ DI* 10.9%	FAT 16.7g DI* 23.9%	SAT FAT 4.08g DI* 17%	SUGARS 0g DI* 0%	SODIUM 32.1mg DI* 1.4%
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PER 100g SERVE

FARMED ATLANTIC SALMON

Farmed Atlantic Salmon has naturally high levels of many nutrients which contribute to a healthy lifestyle.

A GOOD SOURCE OF OMEGA 3 (EPA+DHA)

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 SOURCE OF SELENIUM

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

A SOURCE OF PHOSPHOROUS

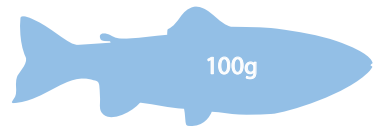
Phosphorous (phosphate) helps to protect the blood's acid/base balance and transports energy.

Next time you visit your local speciality seafood retailer, supermarket or when dining out, choose Australian Atlantic Salmon and give your body a healthy, hearty feed of omega 3, selenium and phosphorus.

NUTRITION INFORMATION

FARMED ATLANTIC SALMON - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	949kJ	10.9	949kJ
PROTEIN	20.5g	41.0	20.5g
FAT, TOTAL	16.7g	23.9	16.7g
saturated	4.08g	17.0	4.08g
trans	0.141g		0.141g
polyunsaturated	4.99g		4.99g
omega 3	2.62g		2.62g
alpha-linolenic acid	182mg	91.0	182mg
docosahexaenoic acid	790mg	2,633	790mg
eicosapentaenoic acid	1,030mg	3,433	1,030mg
monounsaturated	7.47g		7.47g
CARBOHYDRATE	0.119g	0	0.119g
sugars	0g	0	0g
SODIUM	32.1mg	1.4	32.1mg
PHOSPHOROUS	260mg	26.0	260mg
SELENIUM	0.024mg	33.9	0.024mg

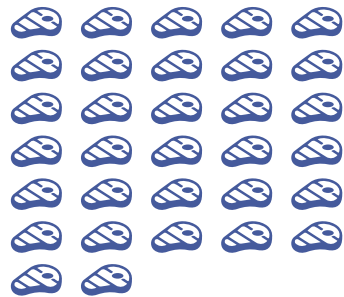
*Percentage daily intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.



100 GRAMS
FARMED OCEAN TROUT

equals

THE SAME OMEGA 3 AS



6400 GRAMS SCOTCH FILLET STEAK
(APPROX. 32 X 200 GRAM STEAKS)

FARMED OCEAN TROUT
- RAW, SKIN-ON FILLETS

ENERGY 1250kJ DI* 14.4%	FAT 24.6g DI* 35.1%	SAT FAT 6.88g DI* 28.7%	SUGARS 0g DI* 0%	SODIUM 247mg DI* 10.7%
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PER 100g SERVE

FARMED OCEAN TROUT

Farmed Ocean Trout has naturally high levels of many nutrients which contribute to a healthy lifestyle.

A GOOD SOURCE OF OMEGA 3

Omega 3 fatty acids 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 SOURCE OF PHOSPHOROUS

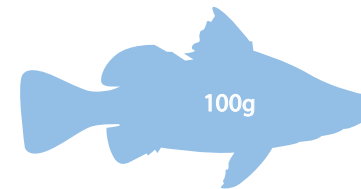
Phosphorous (phosphate) helps to protect the blood's acid/base balance and transports energy.

At your next trip to the speciality seafood retailer or supermarket or when next dining out, try some farmed Ocean Trout and give your body a treat of omega 3 and phosphorus.

NUTRITION INFORMATION

FARMED OCEAN TROUT - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	1250kJ	14.4	1250kJ
PROTEIN	17.4g	34.8	17.4g
FAT, TOTAL	24.6g	35.1	24.6g
saturated	6.88g	28.7	6.88g
trans	0.15g		0.15g
polyunsaturated	6.6g		6.6g
omega 3	3.790g		3.790g
alpha-linolenic acid	205mg		205mg
docosahexaenoic acid	1190mg		1190mg
eicosapentaenoic acid	1910mg		1910mg
monounsaturated	11.9g		11.9g
CARBOHYDRATE	3.2g	1.0	3.2g
sugars	0g	0	0g
SODIUM	247mg	10.7	247mg
PHOSPHOROUS	221mg	22.1	221mg
SELENIUM	0.028mg	39.9	0.028mg

*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.



100 GRAMS
FARMED BARRAMUNDI

equals

THE SAME OMEGA 3 AS



1700 GRAMS SCOTCH FILLET STEAK
(APPROX. 8.5 X 200 GRAM FILLETS)

FARMED BARRAMUNDI
- RAW, SKIN-ON FILLETS

ENERGY 605kJ DI* 7%	FAT 7.36g DI* 10.5%	SAT FAT 2.24g DI* 9.3%	SUGARS 0g DI* 0%	SODIUM 55.5mg DI* 2.4%
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PER 100g SERVE

FARMED BARRAMUNDI

Farmed Barramundi has 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 SOURCE OF PHOSPHOROUS

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

A SOURCE OF SELENIUM

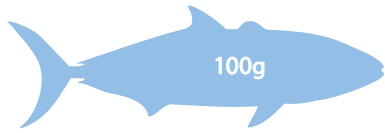
Selenium is an anti-oxidant which assists in maintaining thyroid health and the body's immune system.

Next time you are at your local fishmonger or supermarket or when next dining out, choose farmed Australian Barramundi and give your body a special, super feed of selenium and phosphorus.

NUTRITION INFORMATION

FARMED BARRAMUNDI - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	605kJ	7.0	605kJ
PROTEIN	19.5g	39.0	19.5g
FAT, TOTAL	7.36g	10.5	7.36g
saturated	2.24g	9.3	2.24g
trans	0.079g		0.079g
polyunsaturated	2.13g		2.13g
omega 3	1.080g		1.080g
alpha-linolenic acid	78.4mg	39.2	78.4mg
docosahexaenoic acid	401mg	1336	401mg
eicosapentaenoic acid	370mg	1233	370mg
monounsaturated	2.91g		2.91g
CARBOHYDRATE	0.25g	0.1	0.25g
sugars	0g	0	0g
SODIUM	55.5mg	2.4	55.5mg
PHOSPHOROUS	170mg	17.0	170mg
SELENIUM	0.027mg	38.9	0.027mg

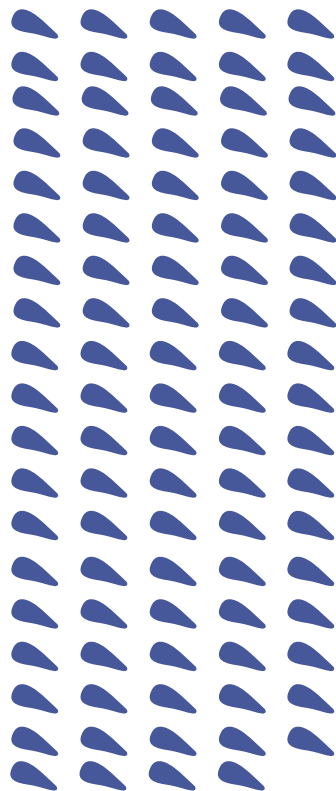
*Percentage daily intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.



100 GRAMS
FARMED YELLOWTAIL KINGFISH

equals

THE SAME OMEGA 3 AS



9400 GRAMS CHICKEN BREAST
(APPROX. 94 X 100 GRAM LEAN
CHICKEN FILLETS)

FARMED YELLOWTAIL KINGFISH
- RAW, SKIN-ON FILLETS

ENERGY 858kJ DI* 9.9%	FAT 12.7g DI* 18.1%	SAT FAT 3.29g DI* 13.7%	SUGARS 0g DI* 0%	SODIUM 35.7mg DI* 1.6%
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PER 100g SERVE

FARMED YELLOWTAIL KINGFISH

Farmed Yellowtail Kingfish has 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 VITAMIN E

Vitamin E is an anti-oxidant found in oils from fish and in vegetables. Anti-oxidants are associated with resistance to diseases such as cancer and coronary heart disease.

A GOOD SOURCE OF SELENIUM

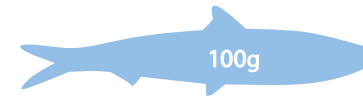
Selenium is an anti-oxidant which assists in maintaining thyroid health and the body's immune system.

Next time you are at your local speciality seafood retailer or the supermarket or when next dining out, why not give farmed Australian Yellowtail Kingfish a go? Your body will thank you for the hearty feed of omega 3, vitamin E and selenium!

NUTRITION INFORMATION

FARMED YELLOWTAIL KINGFISH - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	858kJ	9.9	858kJ
PROTEIN	22.9g	45.8	22.9g
FAT, TOTAL	12.7g	18.1	12.7g
saturated	3.29g	13.7	3.29g
trans	0.129g		0.129g
polyunsaturated	4.41g		4.41g
omega 3	2.580g		2.580g
alpha-linolenic acid	147mg	73.5	147mg
docosahexaenoic acid	994mg	3313	994mg
eicosapentaenoic acid	873mg	2910	873mg
monounsaturated	4.83g		4.83g
CARBOHYDRATE	0.33g	0.1	0.33g
sugars	0g	0	0g
SODIUM	35.7mg	1.6	35.7mg
SELENIUM	0.031mg	44.7	0.031mg
PHOSPHOROUS	277mg	27.7	277mg
VITAMIN E	3.3mg	33.0	3.3mg

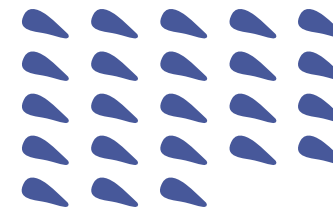
*Percentage daily intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.



100 GRAMS
WILD AUSTRALIAN SARDINES

equals

THE SAME OMEGA 3 AS



2300 GRAMS CHICKEN BREAST
(APPROX. 23 X 100 GRAM FILLETS)

WILD AUSTRALIAN SARDINES
- RAW, WHOLE FISH

ENERGY 407kJ DI* 4.7%	FAT 2.26g DI* 3.2%	SAT FAT 1.004g DI* 4.2%	SUGARS 0g DI* 0%	SODIUM 670mg DI* 29.1%
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PER 100g SERVE

WILD AUSTRALIAN SARDINES

Wild Australian Sardines have naturally high levels of many nutrients which contribute to a healthy lifestyle.

A GOOD SOURCE OF OMEGA 3

Omega 3 fatty acids 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 CALCIUM

Calcium is required for normal development and maintenance of the bones as well as the proper functioning of neuromuscular and cardiac function.

A GOOD SOURCE OF IODINE

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

Next time you are at your local speciality seafood retailer or supermarket or when next dining out, give some wild Australian Sardines a try and give your body a super feed of omega 3, calcium and iodine.

NUTRITION INFORMATION

WILD AUSTRALIAN SARDINES - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	407kJ	4.7	407kJ
PROTEIN	19.3g	38.5	19.3g
FAT, TOTAL	2.26g	3.2	2.26g
saturated	1.004g	4.2	1.004g
trans	0.007g		0.007g
polyunsaturated	0.73g		0.73g
omega 3	0.55g		0.55g
alpha-linolenic acid	25.2mg	12.6	25.2mg
docosahexaenoic acid	136.9mg	456	136.9mg
eicosapentaenoic acid	359.5mg	1198	359.5mg
monounsaturated	0.391g		0.391g
CARBOHYDRATE	0.05g	0.02	0.05g
sugars	0g	0	0g
SODIUM	670mg	29.1	670mg
CALCIUM	733.5mg	92	733.5mg
SELENIUM	0.090mg	128	0.090mg
PHOSPHOROUS	581mg	58.1	581mg
IRON	4.57mg	38.0	4.57mg
ZINC	2.95mg	24.6	2.95mg
IODINE	0.061mg	40.9	0.061mg
VITAMIN A	98.7ug	13.2	98.7ug

*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.

PRAWNS



100 GRAMS
FARMED BANANA PRAWNS

equals

THE SAME OMEGA 3 AS



970 GRAMS CHICKEN BREAST
(APPROX. 10 X 100 GRAM FILLETS)

FARMED BANANA PRAWNS
- COOKED TAIL MEAT

ENERGY 423 kJ DI* 4.9%	FAT 0.925 g DI* 1.3%	SAT FAT 0.283 g DI* 1.2%	SUGARS 0 g DI* 0%	SODIUM 805mg DI* 35%
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PER 100g SERVE

FARMED BANANA PRAWNS

Farmed Banana 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 SELENIUM

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

A SOURCE OF COPPER

Copper helps the body make red blood cells and keeps nerve cells and the immune system healthy.

NUTRITION INFORMATION

FARMED BANANA PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	423kJ	4.9	423kJ
PROTEIN	23.2g	46.4	23.2g
FAT, TOTAL	0.925g	1.3	0.925g
saturated	0.283g	1.2	0.283g
trans	0.002g		0.002g
polyunsaturated	0.46g		0.46g
omega 3	0.231g		0.231g
docosahexaenoic acid	83.8mg	279	83.8mg
eicosapentaenoic acid	130mg	433	130mg
monounsaturated	0.18g		0.18g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	805mg	35.0	805mg
PHOSPHOROUS	228mg	22.8	228mg
SELENIUM	0.039mg	56.0	0.039mg
ZINC	1.55mg	12.9	1.55mg
COPPER	0.975mg	32.5	0.975mg

*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.



100 GRAMS
FARMED BLACK TIGER PRAWNS

equals

THE SAME OMEGA 3 AS



1000 GRAMS CHICKEN BREAST
(APPROX. 10 X 100 GRAM CHICKEN
FILLETS)

FARMED BLACK TIGER PRAWNS
- COOKED TAIL MEAT

ENERGY 361 kJ DI* 4.1%	FAT 1.06g DI* 1.6%	SAT FAT 0.365g DI* 1.5%	SUGARS 0g DI* 0%	SODIUM 919mg DI* 40%
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PER 100g SERVE

FARMED BLACK TIGER PRAWNS

Farmed Black 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 (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 COPPER

Copper helps the body make red blood cells and keeps nerve cells and the immune system healthy.

A SOURCE OF SELENIUM

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

At your next trip to the speciality seafood retailer or supermarket or at your next dining out experience, choose farmed Banana or Black Tiger Prawns. Your body will love the omega 3, selenium and copper super kick!

NUTRITION INFORMATION

FARMED BLACK TIGER PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	361kJ	4.1	361kJ
PROTEIN	20.2g	40.4	20.2g
FAT, TOTAL	1.06g	1.6	1.06g
saturated	0.365g	1.5	0.365g
trans	0.005g		0.005g
polyunsaturated	0.47g		0.47g
omega 3	0.244g		0.244g
docosahexaenoic acid	110mg	367	110mg
eicosapentaenoic acid	116mg	387	116mg
monounsaturated	0.25g		0.25g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	919mg	40.0	919mg
PHOSPHOROUS	214mg	21.4	214mg
SELENIUM	0.025mg	35.7	0.025mg
ZINC	1.95mg	16.3	1.95mg
COPPER	1.81mg	60.3	1.81mg

*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.



100 GRAMS
WILD BANANA PRAWNS

equals

THE SAME OMEGA 3 AS



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

WILD BANANA PRAWNS
- RAW TAIL MEAT

ENERGY 366kJ DI* 4.2%	FAT 0.74g DI* 1.1%	SAT FAT 0.239g DI* 1.0%	SUGARS 0g DI* 0%	SODIUM 307mg DI* 13.3%
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PER 100g SERVE

WILD BANANA PRAWNS

Wild Banana 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 SELENIUM

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

A GOOD SOURCE OF PHOSPHOROUS

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

NUTRITION INFORMATION

WILD BANANA PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	366kJ	4.2	366kJ
PROTEIN	20.3g	40.6	20.3g
FAT, TOTAL	0.74g	1.1	0.74g
saturated	0.239g	1.0	0.239g
trans	0.0029g		0.0029g
polyunsaturated	0.343g		0.343g
omega 3	0.184g		0.184g
docosahexaenoic acid	89.3mg	297.7	89.3mg
eicosapentaenoic acid	73.8mg	246.0	73.8mg
monounsaturated	0.158g		0.158g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	307mg	13.3	3.7mg
SELENIUM	0.0472mg	67.4	0.0472mg
PHOSPHOROUS	292mg	29.2	292mg
IODINE	0.0505mg	33.7	0.0505mg
VITAMIN E	1.5mg	15.0	1.5mg

*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.



100 GRAMS
WILD BROWN TIGER PRAWNS

equals

THE SAME OMEGA 3 AS



916 GRAMS CHICKEN BREAST
(APPROX. 9 X 100 GRAM FILLETS)

WILD BROWN TIGER PRAWNS
- RAW TAIL MEAT



PER 100g SERVE

WILD BROWN TIGER PRAWNS

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.

NUTRITION INFORMATION

WILD BROWN TIGER PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	321kJ	3.7	321kJ
PROTEIN	16.6g	33.2	16.6g
FAT, TOTAL	1.09g	1.6	1.09g
saturated	0.37g	1.5	0.37g
trans	0.0075g		0.0075g
polyunsaturated	0.468g		0.468g
omega 3	0.233g		0.233g
docosahexaenoic acid	113mg	376.7	113mg
eicosapentaenoic acid	82mg	273.3	82mg
monounsaturated	0.249g		0.249g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	192mg	8.3	192mg
SELENIUM	0.0271mg	38.7	0.0271mg
PHOSPHOROUS	304mg	30.4	304mg
IODINE	0.0917mg	52.1	0.0917mg
VITAMIN E	1.7mg	17.0	1.7mg
MAGNESIUM	46mg	14.4	46mg
ZINC	1.46mg	12.2	1.46mg

*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.



100 GRAMS
WILD SCHOOL PRAWNS

equals

THE SAME OMEGA 3 AS



840GRAMS CHICKEN BREAST
(APPROX. 8 X 100 GRAM FILLETS)

WILD SCHOOL PRAWNS - RAW,
WHOLE PRAWN AND TAIL MEAT



PER 100g SERVE

WILD SCHOOL PRAWNS

Wild School 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 SELENIUM

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

A GOOD SOURCE OF PHOSPHOROUS

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

NUTRITION INFORMATION

WILD SCHOOL PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	413kJ	4.7	413kJ
PROTEIN	23.1g	46.2	23.1g
FAT, TOTAL	0.78g	1.1	0.78g
saturated	0.243g	1.0	0.243g
trans	0.004g		0.004g
polyunsaturated	0.369g		0.369g
omega 3	0.200g		0.200g
docosahexaenoic acid	97mg	323.3	97mg
eicosapentaenoic acid	81.4mg	271.3	81.4mg
monounsaturated	0.166mg		0.166mg
CARBOHYDRATE	0.03g	0.0	0.03g
sugars	0g	0	0g
SODIUM	314mg	13.7	314mg
SELENIUM	0.053mg	75.7	0.053mg
PHOSPHOROUS	292mg	29.2	292mg
IODINE	0.0813mg	54.2	0.0813mg
VITAMIN E	1.6mg	16.0	1.6mg
MAGNESIUM	52.8mg	16.5	52.8mg
ZINC	1.58mg	13.2	1.58mg

*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.

CHOLESTEROL JUST SUPER IN PRAWNS (AND SEAFOOD IN GENERAL)

For a long time it was assumed that cholesterol in food became cholesterol in the blood. This is not so as your liver controls blood cholesterol content. According to the Heart Foundation, eating too much saturated fat causes (bad) LDL cholesterol in your blood to increase. Consumption of omega-3 fats found in fish and other seafood species reduces the amount of LDL cholesterol and increases the blood content of (good) HDL cholesterol.

In other words, it's the saturated fats in foods, not cholesterol, that cause health problems!





100 GRAMS
WILD WESTERN KING PRAWNS

equals

THE SAME OMEGA 3 AS



837 GRAMS CHICKEN BREAST
(APPROX. 8 X 100 GRAM FILLETS)

WILD WESTERN KING PRAWNS

Wild Western King 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 SELENIUM

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

A GOOD SOURCE OF PHOSPHOROUS

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

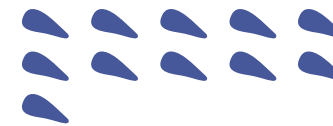
Next time you are at your local speciality seafood retailer, the supermarket or dining out try wild Banana, Brown Tiger, Western King or School Prawns. Your body will thank you for the hearty feed of omega 3, selenium and phosphorous.



100 GRAMS
WILD ENDEAVOUR PRAWNS

equals

THE SAME OMEGA 3 AS



1151 GRAMS CHICKEN BREAST
(APPROX. 11 X 100 GRAM FILLETS)

WILD ENDEAVOUR PRAWNS

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.

Next time you are at your local speciality seafood retailer, supermarket or when next dining out, add to your trolley or order some Australian Wild Endeavour Prawns. You'll give your body a healthy, hearty feed of omega 3, iodine and selenium!

16

WILD WESTERN KING PRAWNS
- RAW TAIL MEAT

ENERGY 315kJ DI* 3.6%	FAT 0.7g DI* 1.0%	SAT FAT 0.219g DI* 0.9%	SUGARS 0g DI* 0%	SODIUM 408mg DI* 17.7%
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PER 100g SERVE

NUTRITION INFORMATION

WILD WESTERN KING PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	315kJ	3.6	315kJ
PROTEIN	17.3g	34.6	17.3g
FAT, TOTAL	0.7g	1.0	0.7g
saturated	0.219g	0.9	0.219g
trans	0.0021g		0.0021g
polyunsaturated	0.325g		0.325g
omega 3	0.196g		0.196g
docosahexaenoic acid	94mg	313.3	94mg
eicosapentaenoic acid	84mg	280.0	84mg
monounsaturated	0.155g		0.155g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	408mg	17.7	408mg
SELENIUM	0.0302mg	43.1	0.0302mg
PHOSPHOROUS	329mg	32.9	329mg
IODINE	0.037mg	24.7	0.037mg
VITAMIN E	1.2mg	12.0	1.2mg
MAGNESIUM	34.2mg	10.7	34.2mg
ZINC	1.18mg	17.7	1.18mg

*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.

17

WILD ENDEAVOUR PRAWNS
- RAW TAIL MEAT

ENERGY 425kJ DI* 4.9%	FAT 0.93g DI* 1.3%	SAT FAT 0.272g DI* 1.1%	SUGARS 0g DI* 0%	SODIUM 275mg DI* 12.0%
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PER 100g SERVE

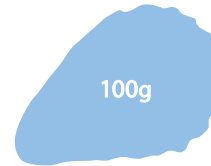
NUTRITION INFORMATION

WILD ENDEAVOUR PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	425kJ	4.9	425kJ
PROTEIN	23.5g	47.0	23.5g
FAT, TOTAL	0.93g	1.3	0.93g
saturated	0.272g	1.1	0.272g
trans	0.004g		0.004g
polyunsaturated	0.435g		0.435g
omega 3	0.274g		0.274g
docosahexaenoic acid	125mg	416.7	125mg
eicosapentaenoic acid	121mg	403.3	121mg
monounsaturated	0.222g		0.222g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	275mg	12.0	275mg
SELENIUM	0.0358mg	51.1	0.0358mg
PHOSPHOROUS	329mg	32.9	329mg
IODINE	0.0765mg	51.0	0.0765mg
VITAMIN E	1.5mg	15.0	1.5mg
MAGNESIUM	53.6mg	16.8	53.6mg
ZINC	1.64mg	13.7	1.64mg

*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.

OYSTERS

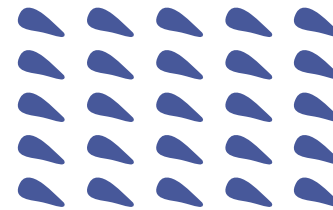
SUPER



100 GRAMS
FARMED PACIFIC OYSTERS

equals

THE SAME OMEGA 3 AS



2500 GRAMS CHICKEN BREAST
(APPROX. 25 X 100 GRAM
CHICKEN FILLETS)

FARMED PACIFIC OYSTERS
- RAW

ENERGY 278kJ DI* 3.2%	FAT 2.03g DI* 2.9%	SAT FAT 0.659g DI* 2.7%	SUGARS 0g DI* 0%	SODIUM 552mg DI* 24.0%
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PER 100g SERVE

FARMED PACIFIC OYSTERS

Farmed Pacific Oysters 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 SOURCE OF IRON

Iron deficiency is common, especially in female sub groups (menstruating women, pregnant women, teenagers and athletes) as well as babies and toddlers.

A SOURCE OF MAGNESIUM

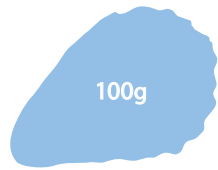
Magnesium helps maintain normal muscle and nerve function and supports a healthy immune system.

Next time you are at your speciality seafood retailer, supermarket or dining out have some farmed Pacific Oysters and give your body a special, super feed of omega 3, iron and magnesium.

NUTRITION INFORMATION

FARMED PACIFIC OYSTERS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	278kJ	3.2	278kJ
PROTEIN	9.14g	18.3	9.14g
FAT, TOTAL	2.03g	2.9	2.03g
saturated	0.659g	2.7	0.659g
trans	0.0108g		0.0108g
polyunsaturated	1.08g		1.08g
omega 3	0.68g		0.68g
alpha-linolenic acid	42.4mg	21.2	42.4mg
docosahexaenoic acid	229mg	763.3	229mg
eicosapentaenoic acid	306mg	1020.0	306mg
monounsaturated	0.286g		0.286g
CARBOHYDRATE	2.78g	0.9	2.78g
sugars	0g	0	0g
SODIUM	552mg	24.0	552mg
PHOSPHOROUS	151mg	15.1	151mg
IODINE	0.202mg	134.7	0.202mg
SELENIUM	0.0408mg	58.3	0.0408mg
IRON	4.26mg	35.5	4.26mg
MAGNESIUM	78.3mg	24.5	78.3mg
CALCIUM	166mg	20.8	166mg
ZINC	22.9mg	190.8	22.9mg

*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.

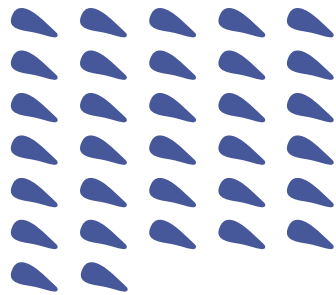


100g

100 GRAMS
FARMED SYDNEY ROCK OYSTERS

equals

THE SAME OMEGA 3 AS



3200 GRAMS CHICKEN BREAST
(APPROX. 32 X 100 GRAM
CHICKEN FILLETS)

FARMED SYDNEY ROCK OYSTERS
- RAW

ENERGY 364 kJ DI* 4.2%	FAT 2.83g DI* 4.0%	SAT FAT 0.98g DI* 4.1%	SUGARS 0g DI* 0%	SODIUM 517mg DI* 22.5%
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PER 100g SERVE

FARMED SYDNEY ROCK OYSTERS

Farmed Sydney Rock Oysters 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 essential mineral for the healthy functioning of the thyroid gland which regulates healthy body development, in particular the central nervous system.

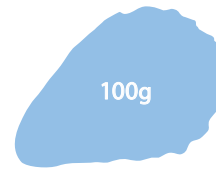
A GOOD SOURCE OF SELENIUM

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

NUTRITION INFORMATION

FARMED SYDNEY ROCK OYSTERS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	364kJ	4.2	364kJ
PROTEIN	10.9g	21.8	10.9g
FAT, TOTAL	2.83g	4.0	2.83g
saturated	0.98g	4.1	0.98g
trans	0.0176g		0.0176g
polyunsaturated	1.48g		1.48g
omega 3	0.93g		0.93g
alpha-linolenic acid	59.8mg	29.9	59.8mg
docosahexaenoic acid	324mg	1080.0	324mg
eicosapentaenoic acid	370mg	1233.3	370mg
monounsaturated	0.349g		0.349g
CARBOHYDRATE	4.35g	1.4	4.35g
sugars	0g	0	0g
SODIUM	517mg	22.5	517mg
PHOSPHOROUS	186mg	18.6	186mg
IODINE	0.169mg	112.7	0.169mg
SELENIUM	0.056mg	80.0	0.056mg
IRON	3.78mg	31.5	3.78mg
MAGNESIUM	76.7mg	24.0	76.7mg
CALCIUM	192mg	24.0	192mg
ZINC	15.2mg	126.7	15.2mg

*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.

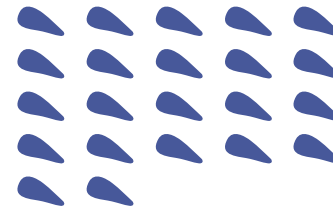


100g

100 GRAMS
FARMED NATIVE OYSTERS

equals

THE SAME OMEGA 3 AS



2200 GRAMS CHICKEN BREAST
(APPROX. 22 X 100 GRAM
CHICKEN FILLETS)

FARMED NATIVE OYSTERS
- RAW

ENERGY 303 kJ DI* 3.5%	FAT 2.2g DI* 3.1%	SAT FAT 0.737g DI* 3.1%	SUGARS 0g DI* 0%	SODIUM 493mg DI* 21.4%
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PER 100g SERVE

FARMED NATIVE OYSTERS

Farmed Native Oysters 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 SELENIUM

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

A GOOD SOURCE OF IODINE

Iodine is an essential mineral for the healthy functioning of the thyroid gland which regulates healthy body development, in particular the central nervous system.

At your next trip to the speciality seafood retailer or supermarket or at your next dining out experience, try some farmed Sydney Rock or Native Oysters. Your body will love the omega 3, selenium and iodine super hit!

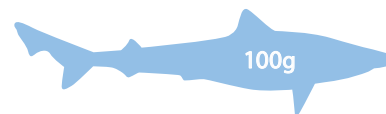
NUTRITION INFORMATION

FARMED NATIVE OYSTERS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	303kJ	3.5	303kJ
PROTEIN	10.8g	21.6	10.8g
FAT, TOTAL	2.2g	3.1	2.2g
saturated	0.737g	3.1	0.737g
trans	0.24g		0.24g
polyunsaturated	1.03g		1.03g
omega 3	0.680g		0.680g
alpha-linolenic acid	69mg	34.5	69mg
docosahexaenoic acid	205mg	683.3	205mg
eicosapentaenoic acid	279mg	930.0	279mg
monounsaturated	0.43g		0.43g
CARBOHYDRATE	2.28g	0.7	2.28g
sugars	0g	0	0g
SODIUM	493mg	21.4	493mg
PHOSPHOROUS	165mg	16.5	155mg
IODINE	0.165mg	168.7	0.165mg
SELENIUM	0.054mg	77.1	0.054mg
IRON	3.4mg	28.3	3.4mg
MAGNESIUM	75mg	23.4	75mg
CALCIUM	188mg	23.5	188mg
ZINC	11.6mg	96.7	11.6mg

*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.

SHARK

SUPER



100 GRAMS
WILD GUMMY SHARK (FLAKE)

equals

THE SAME OMEGA 3 AS



619 GRAMS CHICKEN BREAST
(APPROX. 6 X 100 GRAM FILLETS)

WILD GUMMY SHARK
- RAW, SKIN-OFF FILLET

ENERGY 359kJ DI* 4.1%	FAT 0.42g DI* 0.6%	SAT FAT 0.135g DI* 0.56%	SUGARS 0g DI* 0%	SODIUM 180mg DI* 7.8%
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PER 100g SERVE

WILD GUMMY SHARK (FLAKE)

Wild Gummy Shark has 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 SOURCE OF IODINE

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

A SOURCE OF PHOSPHOROUS

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

Next time you are at your local speciality seafood retailer, supermarket or fish and chip shop, have some wild Gummy Shark and give your body a special, super feed of omega 3, iodine and phosphorous.

NUTRITION INFORMATION

WILD GUMMY SHARK - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	359kJ	4.1	359kJ
PROTEIN	24.6g	49.2	24.6g
FAT, TOTAL	0.42g	0.6	0.42g
saturated	0.135g	0.56	0.135g
trans	0g		0g
polyunsaturated	0.186g		0.186g
omega 3	0.141g		0.141g
docosahexaenoic acid	19.3mg	64.3	19.3mg
eicosapentaenoic acid	112mg	373	112mg
monounsaturated	0.099g		0.099g
CARBOHYDRATE	0g	0.0	0g
sugars	0g	0.0	0g
SODIUM	180mg	7.8	180mg
SELENIUM	0.040mg	57.7	0.040mg
IODINE	0.312mg	208	0.312mg
PHOSPHOROUS	208mg	20.8	208mg

*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.

ABALONE

SUPER



100 GRAMS
FARMED GREENLIP &
BLACKLIP ABALONE

equals

THE SAME OMEGA 3 AS



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

FARMED ABALONE
- RAW MUSCLE

ENERGY 384 kJ DI* 4.4%	FAT 0.763 g DI* 1.1%	SAT FAT 0.244 g DI* 1%	SUGARS 0.9 g DI* 1%	SODIUM 591 mg DI* 25.7%
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PER 100g SERVE

FARMED GREENLIP & BLACKLIP ABALONE

Farmed Abalone has 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 SOURCE OF IODINE

Iodine is an essential mineral for the healthy functioning of the thyroid gland which regulates healthy body development, in particular the central nervous system.

A GOOD SOURCE OF PHOSPHOROUS

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

Abalone is culturally very important in Asia and for most consumers, is a rare treat. If you try this delicacy in Australia or overseas, you'll know your body has enjoyed the omega 3, iodine and phosphorous it contains!

NUTRITION INFORMATION

FARMED ABALONE - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	384kJ	4.4	384kJ
PROTEIN	16.65g	33.3	16.65g
FAT, TOTAL	0.763g	1.1	0.763g
saturated	0.244g	1.0	0.244g
trans	0.007g		0.007g
polyunsaturated	0.298g		0.298g
omega 3	0.148g		0.148g
docosahexaenoic acid	52.8mg	176	52.8mg
eicosapentaenoic acid	15.3mg	50.8	15.3mg
monounsaturated	0.165g		0.165g
CARBOHYDRATE	4.25g	1.4	4.25g
sugars	0.9g	1.0	0.9g
SODIUM	591mg	25.7	591mg
PHOSPHOROUS	153.5mg	15.4	153.5mg
SELENIUM	0.021mg	30.6	0.021mg
IODINE	0.126mg	84.2	0.126mg
MAGNESIUM	66.8mg	20.9	66.8mg

*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.



100 GRAMS
WILD GREENLIP, BROWNLIP
& BLACKLIP ABALONE



THE SAME OMEGA 3 AS



400 GRAMS CHICKEN BREAST
(APPROX. 4 X 100 GRAM FILLETS)

WILD ABALONE
- RAW MUSCLE

ENERGY 392kJ DI* 4.5%	FAT 0.58g DI* 0.82%	SAT FAT 0.20g DI* 0.85%	SUGARS 0.9g DI* 1%	SODIUM 268mg DI* 11.6%
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PER 100g SERVE

WILD GREENLIP, BROWNLIP & BLACKLIP ABALONE

Wild Abalone has naturally high levels of many nutrients which contribute to a healthy lifestyle.

A GOOD SOURCE OF VITAMIN E

Vitamin E acts as an antioxidant, protecting the membrane of polyunsaturated fatty acids from free radical damage.

A GOOD SOURCE OF IODINE

Iodine is an essential mineral for the healthy functioning of the thyroid gland which regulates healthy body development, in particular the central nervous system.

A SOURCE OF MAGNESIUM

Magnesium helps maintain normal muscle and nerve function and supports a healthy immune system.

Abalone is culturally very important in Asia and for most consumers, is a rare treat. If you try this delicacy in Australia or overseas, you'll know your body has enjoyed the vitamin E, iodine and magnesium it contains!

NUTRITION INFORMATION

WILD ABALONE - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	392kJ	4.5	392kJ
PROTEIN	18.6g	37.3	18.6g
FAT, TOTAL	0.58g	0.82	0.58g
saturated	0.20g	0.85	0.20g
trans	0g		0g
polyunsaturated	0.24g		0.24g
omega 3	0.094g		0.094g
docosahexaenoic acid	29.30mg	97.7	29.30mg
eicosapentaenoic acid	0.67mg	2.2	0.67mg
monounsaturated	0.13g		0.13g
CARBOHYDRATE	3.14g	1.01	3.14g
sugars	0.9g	1.0	0.9g
SODIUM	268mg	11.6	268mg
PHOSPHOROUS	132mg	13.2	132mg
IODINE	0.13mg	84.4	0.13mg
IRON	2.86mg	23.8	2.86mg
VITAMIN E	1.33mg	13.3	1.33mg
MAGNESIUM	48.3mg	15.1	48.3mg
SELENIUM	0.009mg	12.9	0.009mg

*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.

DID YOU KNOW?

If you buy packaged seafood products or there are health claims made on the label (e.g. low in fat) the product label must include a Nutrition Information Panel. A Nutrition Informational Panel looks like this and can usually be found on the back of the pack:

FARMED BARRAMUNDI - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	605kJ	7.0	605kJ
PROTEIN	19.5g	39.0	19.5g
FAT, TOTAL	7.36g	10.5	7.36g
saturated	2.24g	9.3	2.24g
trans	0.079g		0.079g
polyunsaturated	2.13g		2.13g
omega 3	1.080g		1.080g
alpha-linolenic acid	78.4mg	39.2	78.4mg
docosahexaenoic acid	401mg	1336	401mg
eicosapentaenoic acid	370mg	1233	370mg
monounsaturated	2.91g		2.91g
CARBOHYDRATE	0.25g	0.1	0.25g
sugars	0g	0	0g
SODIUM	55.5mg	2.4	55.5mg
PHOSPHOROUS	170mg	17.0	170mg
SELENIUM	0.027mg	38.9	0.027mg

The Super Seafood study has used the most up to date science to determine just what is in 23 Australian seafood species. Next time you purchase a packaged seafood meal, check out the nutrition information panel and see just how good Australian seafood is for you.



SEA CUCUMBER

SUPER



WILD SEA CUCUMBER

WILD SEA CUCUMBER (BURROWING BLACKFISH) – COOKED, WHOLE FISH

ENERGY 136kJ DI* 1.6%	FAT 0.2g DI* 0.3%	SAT FAT 0.531g DI* 2.2%	SUGARS 0g DI* 0%	SODIUM 49.5mg DI* 2.2%
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PER 100g SERVE

WILD SEA CUCUMBER

Wild Sea Cucumber has naturally high levels of many nutrients which contribute to a healthy lifestyle.

A GOOD SOURCE OF IODINE

Iodine is an essential mineral for the healthy functioning of the thyroid gland which regulates healthy body development, in particular the central nervous system.

A SOURCE OF MOLYBDENUM

Molybdenum is an element that is present in very small amounts in the body and assists in the development of the nervous system, waste processing in the kidneys and energy production in cells.

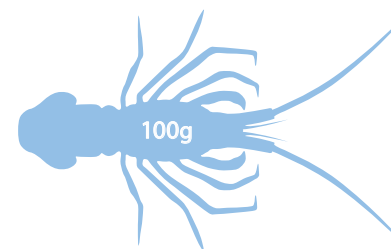
Sea Cucumber is very culturally very important in Asia and is considered a delicacy. If you try this special product in Australia or overseas, you'll know your body has enjoyed the iodine and molybdenum it contains!

NUTRITION INFORMATION

WILD SEA CUCUMBER - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	136kJ	1.6	136kJ
PROTEIN	7.99g	16.0	7.99g
FAT, TOTAL	0.2g	0.3	0.2g
saturated	0.531g	2.2	0.531g
trans	0		0
polyunsaturated	0.101g		0.101g
omega 3	0.037g		0.037g
monounsaturated	0.045g		0.045g
CARBOHYDRATE	0g	0.0	0g
sugars	0g	0.0	0g
SODIUM	49.5mg	2.2	49.5mg
IODINE	0.105mg	70.0	0.105mg
MOLYBDENUM	0.20mg	80.0	0.20mg

*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.

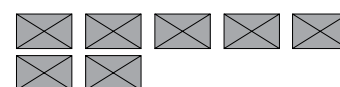
ROCK SUPER LOBSTER



100 GRAMS
WILD SOUTHERN ROCKLOBSTER

equals

THE SAME OMEGA 3 AS



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

WILD SOUTHERN ROCKLOBSTER
- RAW TAIL MEAT

ENERGY 358kJ DI* 4.1%	FAT 0.69g DI* 1%	SAT FAT 0.191g DI* 0.8%	SUGARS 0g DI* 0%	SODIUM 283mg DI* 12.3%
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PER 100g SERVE

WILD SOUTHERN ROCKLOBSTER

Wild Southern Rocklobster has 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 PHOSPHOROUS

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

A SOURCE OF VITAMIN E

Vitamin E is an anti-oxidant found in oils from fish and in vegetables. Anti-oxidants are associated with resistance to diseases such as cancer and coronary heart disease.

Next time you are at your local speciality seafood retailer or dining out, give some wild Southern Rocklobster a try and your body will have had a super feed of omega 3, phosphorous and vitamin E.

NUTRITION INFORMATION

WILD SOUTHERN ROCKLOBSTER - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	358kJ	4.1	358kJ
PROTEIN	20.2g	40.4	20.2g
FAT, TOTAL	0.69g	1.0	0.69g
saturated	0.191g	0.8	0.191g
trans	0.003g		0.003g
polyunsaturated	0.296g		0.296g
omega 3	0.165g		0.165g
docosahexaenoic acid	93mg	310.0	93mg
eicosapentaenoic acid	51.8mg	172.7	51.8mg
monounsaturated	0.2g		0.2g
CARBOHYDRATE	0g	0	0g
sugars	0g	0	0g
SODIUM	283mg	12.3	283mg
PHOSPHOROUS	288mg	28.8	288mg
MAGNESIUM	40.6mg	12.7	40.6mg
ZINC	2mg	16.7	2mg
VITAMIN E	2mg	20.0	2mg

*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.

FOR MORE INFORMATION

JUST FOR KIDS

Children's Australian seafood and health games and resources (including teacher kits)

SEAFOODCRC.COM/KIDZONE/KIDZONE.HTML

SEAFOOD AND YOUR HEALTH

Learn how Australian seafood can help those suffering from diabetes, arthritis, coronary heart disease and cancer.

Discover how Australian seafood can aid a healthy pregnancy and baby

SEAFOODCRC.COM/HEALTH-GP.HTML



Super Seafood

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