



equals

THE SAME OMEGA 3 AS



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

FARMED BARRAMUNDI
– RAW, SKIN-ON FILLETS



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.