



# WILD BANANA PRAWNS

*Fenneropenaeus merguensis*

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 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.

## NUTRITION INFORMATION

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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
<b>ENERGY</b>	238kJ	2.7	238kJ
<b>PROTEIN</b>	13.2g	26.4	13.2g
<b>FAT, TOTAL</b>	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
<b>CARBOHYDRATE</b>	0g	0	0g
sugars	0g	0	0g
<b>SODIUM</b>	509mg	22.1	509mg
<b>SELENIUM</b>	0.030mg	43.4	0.030mg
<b>PHOSPHOROUS</b>	331mg	33.1	331mg
<b>IODINE</b>	0.023mg	15.1	0.023mg
<b>VITAMIN E</b>	1mg	10.0	1mg

\*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 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.



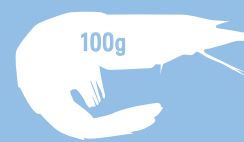
## OMEGA 3 COMPARISON

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

equals



100 GRAMS WILD BANANA 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.



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# WILD BROWN TIGER PRAWNS

*Penaeus esculentus*

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### 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

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# WILD ENDEAVOUR PRAWNS

*Metapandeus endeavouri*

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## 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
<b>ENERGY</b>	404kJ	4.6	404kJ
<b>PROTEIN</b>	22.5g	45.0	22.5g
<b>FAT, TOTAL</b>	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
<b>CARBOHYDRATE</b>	0g	0	0g
sugars	0g	0	0g
<b>SODIUM</b>	332mg	14.4	332mg
<b>SELENIUM</b>	0.0646mg	92.3	0.0646mg
<b>PHOSPHOROUS</b>	282mg	28.2	282mg
<b>IODINE</b>	0.0971mg	64.7	0.0971mg
<b>VITAMIN E</b>	1.7mg	17.0	1.7mg
<b>MAGNESIUM</b>	55.7mg	17.4	55.7mg
<b>ZINC</b>	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.

## 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

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# WILD SCHOOL PRAWNS

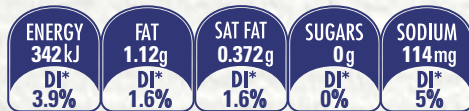
*Metapenaeus macleayi*

## NUTRITIONAL INFORMATION FOR SEAFOOD LABELLING AND PACKAGING

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### WILD SCHOOL PRAWNS – RAW, WHOLE PRAWN AND 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 SCHOOL PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	342kJ	3.9	342kJ
PROTEIN	17.8g	35.6	17.8g
FAT, TOTAL	1.12g	1.6	1.12g
saturated	0.372g	1.6	0.372g
trans	0.008g		0.008g
polyunsaturated	0.49g		0.49g
omega 3	0.239g		0.239g
docosahexaenoic acid	116mg	386.7	116mg
eicosapentaenoic acid	82.6mg	275.3	82.6mg
monounsaturated	0.255mg		0.255mg
CARBOHYDRATE	0.03g	0.0	0.03g
sugars	0g	0	0g
SODIUM	114mg	5.0	114mg
SELENIUM	0.025mg	35.7	0.025mg
PHOSPHOROUS	280mg	28.0	280mg
IODINE	0.0893mg	59.5	0.0893mg
VITAMIN E	1.8mg	18.0	1.8mg
MAGNESIUM	48.3mg	15.1	48.3mg
COPPER	0.579mg	19.3	0.579mg
ZINC	1.54mg	12.8	1.54mg

\*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 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.

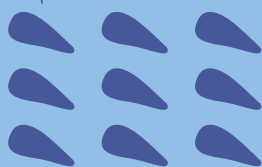
#### A GOOD SOURCE OF PHOSPHOROUS

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



### OMEGA 3 COMPARISON

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

*equals*



100 GRAMS WILD SCHOOL PRAWNS

### MORE INFORMATION

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# WILD WESTERN KING PRAWNS

*Melicertus latisulcatus*

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### WILD WESTERN KING 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 WESTERN KING PRAWNS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
<b>ENERGY</b>	429kJ	4.9	429kJ
<b>PROTEIN</b>	23.9g	47.8	23.9g
<b>FAT, TOTAL</b>	0.85g	1.2	0.85g
saturated	0.256g	1.1	0.256g
trans	0.004g		0.004g
polyunsaturated	0.383g		0.383g
omega 3	0.246g		0.246g
docosahexaenoic acid	118mg	393.3	118mg
eicosapentaenoic acid	102mg	340.0	102mg
monounsaturated	0.211g		0.211g
<b>CARBOHYDRATE</b>	0g	0	0g
sugars	0g	0	0g
<b>SODIUM</b>	268mg	11.7	268mg
<b>SELENIUM</b>	0.044mg	62.3	0.044mg
<b>PHOSPHOROUS</b>	326mg	32.6	326mg
<b>IODINE</b>	0.027mg	18.0	0.027mg
<b>VITAMIN E</b>	1.5mg	15.0	1.5mg
<b>MAGNESIUM</b>	49.5mg	15.5	49.5mg
<b>ZINC</b>	1.49mg	12.4	1.49mg

\*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 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.

### OMEGA 3 COMPARISON

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1040 GRAMS CHICKEN BREAST (APPROX. 10 X 100 GRAM FILLETS)

*equals*



100 GRAMS WILD WESTERN KING PRAWNS

### MORE INFORMATION

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