

## 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.