

TUNA

fillets in vegetable oil

Ingredients: Tuna 70%, Soya bean oil, salt

Nutrition Information

Serving per Package: 1
Serving size: 115g

	Per serving 115 g	Per 100 g
ENERGY	1402 kJ	1219 kJ
PROTEIN	18 g	18 g
FAT	19 g	16.5 g
OMEGA-3 FATTY ACIDS	2.8 g	2.4 g
CARBOHYDRATE		
<i>Total</i>	0 g	0
<i>Sugars</i>	0	0
SODIUM	407 mg	354 mg
POTASSIUM	380 mg	330 mg

TUNA IS AN EXCELLENT AND TASTY WAY TO INCREASE YOUR OMEGA 3 FATTY ACID INTAKE, TO SUPPORT YOUR HEALTH.

Imported by:
MARCO POLO FOODS
7 ELIZABETH STREET, CAMPSIE
N.S.W. 2194 AUSTRALIA

Refrigerate unused contents in a non-metallic container, use within 2 days.

MACKEREL

fillets in vegetable oil

Ingredients: Mackerel 70%, Soya bean oil, salt

Nutrition Information

Serving per Package: 1
Serving size: 115g

	Per serving 115 g	Per 100 g
ENERGY	1329 kJ	1192 kJ
PROTEIN	17.0 g	15.5 g
FAT	27.5 g	24.8 g
OMEGA-3 FATTY ACIDS	2.0 g	1.8 g
CARBOHYDRATE		
<i>Total</i>	0.1 g	0
<i>Sugars</i>	0	0
SODIUM	300 mg	200 mg
POTASSIUM	100 mg	100 mg

MACKEREL ARE AN EXCELLENT AND TASTY WAY TO INCREASE YOUR OMEGA 3 FATTY ACID INTAKE, TO SUPPORT YOUR HEALTH.

Imported by:
MARCO POLO FOODS
7 ELIZABETH STREET, CAMPSIE
N.S.W. 2194 AUSTRALIA

Refrigerate unused contents in a non-metallic container, use within 2 days.

MACKEREL

provençale

Ingredients: Mackerel 52%, Vegetable and sauce (carrots, turnips, cucumbers, green and red pepper, green tomato, celery stalks, celery bulbs, tomato paste, soya bean oil, sugar, mustard, vinegar, spices), salt.

Nutrition Information

Serving per Package: 1
Serving size: 115g

	Per serving 115 g	Per 100 g
ENERGY	532 kJ	483 kJ
PROTEIN	8.2 g	7.4 g
FAT	7.9 g	7.1 g
OMEGA-3 FATTY ACIDS	2.7 g	2.5 g
CARBOHYDRATE		
<i>Total</i>	5.9 g	5.3 g
<i>Sugars</i>	0.1 g	0.1 g
SODIUM	200 mg	200 mg
POTASSIUM	300 mg	200 mg

MACKEREL ARE AN EXCELLENT AND TASTY WAY TO INCREASE YOUR OMEGA 3 FATTY ACID INTAKE, TO SUPPORT YOUR HEALTH.

Imported by:
MARCO POLO FOODS
7 ELIZABETH STREET, CAMPSIE
N.S.W. 2194 AUSTRALIA

Refrigerate unused contents in a non-metallic container, use within 2 days.

MACKEREL

picnic

Ingredients: Mackerel 52%, Vegetable and sauce (white beans, cucumbers, tomato paste, spices, soya bean oil), salt.

Nutrition Information

Serving per Package: 1
Serving size: 115g

	Per serving 115 g	Per 100 g
ENERGY	596 kJ	542 kJ
PROTEIN	10.8 g	9.8 g
FAT	7.6 g	7.0 g
OMEGA-3 FATTY ACIDS	2.9 g	2.6 g
CARBOHYDRATE		
<i>Total</i>	7.3 g	6.7 g
<i>Sugars</i>	0.1 g	0.1 g
SODIUM	300 mg	200 mg
POTASSIUM	700 mg	600 mg

MACKEREL ARE AN EXCELLENT AND TASTY WAY TO INCREASE YOUR OMEGA 3 FATTY ACID INTAKE, TO SUPPORT YOUR HEALTH.

Imported by:
MARCO POLO FOODS
7 ELIZABETH STREET, CAMPSIE
N.S.W. 2194 AUSTRALIA

Refrigerate unused contents in a non-metallic container, use within 2 days.

MACKEREL

weekend

Ingredients: Mackerel 52%, Vegetable and sauce (carrots, turnips, cucumbers, green and red pepper, green tomato, celery stalks, celery bulbs, tomato paste, soya bean oil, sugar, mustard, vinegar, spices), salt.

Nutrition Information

Serving per Package: 1
Serving size: 115g

	Per serving 115 g	Per 100 g
ENERGY	563 kJ	512 kJ
PROTEIN	14.9 g	13.6 g
FAT	8.3 g	7.5 g
OMEGA-3 FATTY ACIDS	2.8 g	2.6 g
CARBOHYDRATE		
<i>Total</i>	0	0
<i>Sugars</i>	0	0
SODIUM	300 mg	200 mg
POTASSIUM	300 mg	200 mg

MACKEREL ARE AN EXCELLENT AND TASTY WAY TO INCREASE YOUR OMEGA 3 FATTY ACID INTAKE, TO SUPPORT YOUR HEALTH.

Imported by:
MARCO POLO FOODS
7 ELIZABETH STREET, CAMPSIE
N.S.W. 2194 AUSTRALIA

Refrigerate unused contents in a non-metallic container, use within 2 days.

SARDINES

in tomato sauce

Ingredients: Sardines 60%, Tomato sauce (tomato concentrate, sugar, soya bean oil, water), salt

Nutrition Information

Serving per Package: 1
Serving size: 115g

	Per serving 115 g	Per 100 g
ENERGY	658 kJ	598 kJ
PROTEIN	17.7 g	16.1 g
FAT	7.5 g	6.8 g
OMEGA-3 FATTY ACIDS	2.2 g	1.9 g
CARBOHYDRATE		
<i>Total</i>	4.6 g	4.2 g
<i>Sugars</i>	0.1 g	0.1 g
SODIUM	300 mg	300 mg
POTASSIUM	300 mg	200 mg

SARDINES ARE AN EXCELLENT AND TASTY WAY TO INCREASE YOUR OMEGA 3 FATTY ACID INTAKE, TO SUPPORT YOUR HEALTH.

Imported by:
MARCO POLO FOODS
7 ELIZABETH STREET, CAMPSIE
N.S.W. 2194 AUSTRALIA

Refrigerate unused contents in a non-metallic container, use within 2 days.

SARDINES

in oil with hot peppers

Ingredients: Sardines 70%, Soya bean oil, vegetables (carrot, spanish pepper-hot), salt

Nutrition Information

Serving per Package: 1
Serving size: 115g

	Per serving 115 g	Per100 g
ENERGY	1108 kJ	997 kJ
PROTEIN	20.2 g	18.2 g
FAT	20.0 g	18.0 g
OMEGA-3 FATTY ACIDS	2.1 g	1.8 g
CARBOHYDRATE		
<i>Total</i>	1.0 g	0.9 g
<i>Sugars</i>	0	0
SODIUM	400 mg	300 mg
POTASSIUM	300 mg	300 mg

SARDINES ARE AN EXCELLENT AND TASTY WAY TO INCREASE YOUR OMEGA 3 FATTY ACID INTAKE, TO SUPPORT YOUR HEALTH.

Imported by:
MARCO POLO FOODS
7 ELIZABETH STREET, CAMPSIE
N.S.W. 2194 AUSTRALIA

Refrigerate unused contents in a non-metallic container, use within 2 days.

SARDINES

in vegetable oil

Ingredients: Sardines 70%, Soya bean oil, salt

Nutrition Information

Serving per Package: 1
Serving size: 115g

	Per serving 115 g	Per 100 g
ENERGY	1218 kJ	1097 kJ
PROTEIN	18.4 g	16.5 g
FAT	23.5 g	21.3 g
OMEGA-3 FATTY ACIDS	1.6 g	1.4 g
CARBOHYDRATE		
<i>Total</i>	1.4 g	1.3 g
<i>Sugars</i>	0	0
SODIUM	400 mg	300 mg
POTASSIUM	600 mg	600 mg

SARDINES ARE AN EXCELLENT AND TASTY WAY TO INCREASE YOUR OMEGA 3 FATTY ACID INTAKE, TO SUPPORT YOUR HEALTH.

Imported by:
MARCO POLO FOODS
7 ELIZABETH STREET, CAMPSIE
N.S.W. 2194 AUSTRALIA

Refrigerate unused contents in a non-metallic container, use within 2 days.