

GO WILD[™]
PREMIUM SEAFOOD

From an MSC certified sustainable fishery. www.msc.org
MSC-C-52906



HEALTHY
PRE-PORTIONED
CONVENIENCE
2 SERVINGS

Premium wild-caught

NORTH ATLANTIC
OCEAN PERCH

Net weight 8 oz. (227g)

Nutrition Facts

Serving Size 4 oz. (113g)
Servings Per Container 2

Amount Per Serving

Calories 90 **Calories from Fat 15**

% Daily Value*

Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	60mg	20%
Sodium	320mg	13%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	17g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recommended daily value of protein: 50g

INGREDIENTS: Perch

CONTAINS: Fish

Product of USA



NATIONAL FISHERIES
INSTITUTE

All GO WILD™ seafood comes from fisheries that follow responsible, sustainable and traceable fishing practices, preserving supplies for generations to come.