

Pioneers of Natural



Sustainable Seafood



Grab 'n Go Wild Alaskan Cod

UPC # 812410000538
UNFI East # 075426-7

Very Low Sodium! Canned Albacore Tuna

UPC #812410000521
UNFI East # 095858-7
UNFI West # 88754

BPA-Free Packaging

Just 100% premium grade natural fish and nothing else!

- ✓ All Natural
- ✓ Lean Protein



Maximize the Health Benefits of Seafood



- No Preservatives
- No Added Chemicals
- No Antibiotics
- No Hormones




New Products- Spring 2011

Our mission is to be your family's trusted source for the world's healthiest, safest, highest quality sustainable seafood...naturally.



Grab 'n Go Wild Alaskan Cod

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- 237 mg omega-3's per servings
- BPA-free packaging
- Certified sustainable to the Marine Stewardship Council's environmental standard 
- 10 – 4oz frozen vac-packed portions per case

Nutrition Facts	Amount Per Serving		%DV*		Amount Per Serving		%DV*	
	Total Fat	0.5g	1%	Total Carbohydrate	0g	0%		
Serving Size: 4 ounces (113.4 g)	Saturated Fat	0g	0%	Dietary Fiber	0g	0%		
Servings per Container: 1	Trans Fat	0g		Sugars	0g			
Calories 95	Cholesterol	53mg	17%	Protein	17g			
Calories from Fat 5	Sodium	102mg	4%	Omega 3's	237mg			
	Vitamin A	0%		Vitamin C	0%			
	Calcium	1%		Iron	0%			

*Percent Daily Values are based on a 2,000 Calorie diet.

Ingredients: Wild Alaskan Cod and nothing else.

Solid White Albacore Tuna - Very Low Sodium

UPC # 812410000521

- Sashimi grade, hand packed loin
- BPA-free can
- Lower in mercury (small fish contain less mercury)
- 5x's more omega-3's than conventionally canned tuna (2,333 mg per serving)
- Convenient pop top cans
- 12 - 5oz cans per case

Nutrition Facts			
Serving Size 2.5 oz (71 g) Servings Per Can 2			
Calories 125 Fat Cal. 57			
Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 7g	10%	Total Carbohydrate 0g	0%
Saturated Fat 2.1g	10%	Dietary Fiber 0g	0%
Trans Fat 0g	0%	Sugars 0g	
Cholesterol 25mg	8%	Protein 18g	
Sodium 19mg	1%	Omega 3s 2,333mg	

Vitamin A ** • Vitamin C ** • Calcium ** • Iron **
 *Percent Daily Values are based on a 2,000 calorie diet.
 **Contains less than 2% of the Daily Value of these nutrients.

Ingredients: Solid White Albacore Tuna Fillet and nothing else.



There is no other seafood company like ours!

- Our **premium quality** seafood is frozen within hours of harvest, we quick freeze all of our seafood at super-low temperatures with the latest technology, locking in peak freshness.
- We proudly offer **seafood exclusively from environmentally sustainable fisheries**. Our independent Seafood Advisory Board (comprised of world-leading marine conservation scientists) reviews and approves all of the species we offer.
- Our seafood is **independently tested for contaminants by Seafood Safe**, helping consumers maximize the health benefits of seafood.
- We care deeply for the future of our planet and the world of water, from how we source our seafood, to the renewable energy that powers our office, to the many marine conservation causes we support, **your purchase helps us further our mission**. Thank you for your support.

EcoFish, 340 Central Ave. Dover, NH 03820

Henry and Lisa's is a small company with a big mission.

Call to order: 877-214-3474



www.henryandlisas.com