

Pioneers of Natural



Sustainable Seafood

Canned Seafood

Wild Sardines, Albacore Tuna & Salmon



Just 100% premium grade natural fish and nothing else!

- ✓ All Natural
- ✓ Lean Protein

♥ Healthy Omega-3's

Maximize the Health Benefits of Seafood



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



Canned Seafood

Wild Sardines, Albacore Tuna & Salmon



Our mission is to be your family's trusted source for the world's healthiest, safest, highest quality sustainable seafood...naturally. We guarantee you have never tasted canned seafood like ours. We use only the best part of the fish, it is hand packed and cooked once in its own natural omega-3 rich oils. It's wildly delicious; we eat it straight from the can.

Henry & Lisa

UPC # 812410000583

Sardines in Extra Virgin Olive Oil			
Serving Size 2 oz (57g) Servings Per Can about 2			
Calories 120 Fat Cal. 70			
Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 7g	11%	Total Carbohydrate 0g	0%
Saturated Fat 1.5g	8%	Dietary Fiber 0g	0%
Trans Fat 0g	0%	Sugars 0g	0%
Cholesterol 20mg	7%	Protein 13g	26%
Sodium 130mg	5%		

Vitamin A 2% • Vitamin C ** • Calcium 22% • Iron 10%
 *Percent Daily Values are based on a 2,000 calorie diet.
 **Contains less than 2% of the Daily Value of these nutrients.

Ingredients: Wild Sardines, Extra Virgin Olive Oil, Sea Salt, Natural Smoke Flavor

UPC # 812410000590

Sardines in Spring Water			
Serving Size 2 oz (57g) Servings Per Can about 2			
Calories 75 Fat Cal. 35			
Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 4g	6%	Total Carbohydrate 0g	0%
Saturated Fat 1g	5%	Dietary Fiber 0g	0%
Trans Fat 0g	0%	Sugars 0g	0%
Cholesterol 24mg	8%	Protein 14g	28%
Sodium 87mg	4%		

Vitamin A 2% • Vitamin C ** • Calcium 22% • Iron 10%
 *Percent Daily Values are based on a 2,000 calorie diet.
 **Contains less than 2% of the Daily Value of these nutrients.

Ingredients: Wild Sardines, Spring Water, Sea Salt



Wild Sardines in Spring Water or Extra Virgin Olive Oil

- BPA Free Can
- Premium Quality, Hand Packed
- Nutritional Powerhouse
- MSC Certified
- Easy Open Can
- Kosher Certified
- 12 – 4.25 oz cans per case

Solid White Albacore Tuna Original and Very Low Sodium

- BPA Free Can
- Low in mercury (small fish contain less mercury)
- Premium quality, sashimi grade, hand-packed loin
- 5x's more omega-3's than conventionally canned tuna (2,800 mg per serving)
- Convenient pop top cans
- Cooked once in their own natural omega-3 rich oils
- Packed in a local micro-cannery
- 12 – 5 oz cans per case

Wild Alaskan Pink Salmon

- Premium quality, skinless, boneless, hand packed fillet
- Packed in a local micro-cannery
- Great source of omega-3's (711 mg per serving)
- Cooked once in their own natural omega-3 rich oils
- Kosher certified
- Easy open can
- 12 – 6 oz cans per case

UPC # 812410000217

Canned Salmon			
Serving Size 3 oz (85g) Servings Per Can 2			
Calories 81 Fat Cal. 18			
Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2g	3%	Total Carbohydrate 0g	0%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g	0%	Sugars 0g	0%
Cholesterol 34mg	11%	Protein 16g	
Sodium 270mg	11%	Omega 3s 711mg	

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

Ingredients: Pink Salmon fillet, water, salt and nothing else.

UPC # 812410000200

Canned Tuna – Original			
Serving Size 2.5 oz (71g) 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	0%
Cholesterol 25mg	8%	Protein 18g	
Sodium 248mg	10%	Omega 3s 2333mg	

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, salt and nothing else.

UPC # 812410000521

Canned Tuna – Low Sodium			
Serving Size 2.5 oz (71g) 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	0%
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 or canned within hours of harvest. We quick freeze all of our frozen 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 • Seattle, WA
 Henry and Lisa's is a small company with a big mission.

Call to order: 603-834-6034



www.henryandlisas.com