

FISH 4 EVER



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sustainably-fished
sardines in organic
sunflower oil

Net weight **120g** Drained weight **90g** Best before see pack

Allergy advice: For allergens, see ingredients in bold

Ingredients: **Sardines** (75%), sunflower oil (24%)*, sea salt (1%)
*from organic agriculture, certified by CRAEGA ES-ECO-022-GA
(total percentage of organic ingredients 24%)

Trace your fish: Enter the code at
www.fish4ever.co.uk

Our careful catch and pack approach brings you these plump sardines caught by local small boats. We only use traditional artisan methods in our packing and only add 'clean' natural and organic ingredients. Learn more about canned fish you can trust at www.fish4ever.co.uk

**Sustainably-fished Sardines
in organic sunflower oil**

Made in Spain

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NUTRITION INFORMATION		Per serving	Typical value per 100g (drained)
Servings per package: 2. Serving size 60g (drained weight)			
Energy		560kJ/131kcal	1245kJ/293kcal
Fat - Total		10.3g	23g
of which saturates		2.7g	6.2g
Carbohydrates		less than 0.9g	less than 2g
of which sugars		less than 0.4g	less than 1g
Protein		9g	20g
Salt		0.11g	0.25g
Sodium		45mg	100mg
Omega 3		1.35g	3g

Once opened keep refrigerated and consume within two days.
Packed in Spain for Organico Realfoods, 3 City Limits, Reading, RG6 4UP, UK.
Tel: 0118923 8760 www.fish4ever.co.uk
Imported in Australia by First Ray, Suite 173 / 137 Cardigan St, Carlton, 3063 VIC Australia. www.firstray.com.au