

Pioneers of Natural



Sustainable Seafood

Wild Alaskan Fish Nuggets



Gluten-Free • Battered



Breaded

More Fish Less Coating • No Trans Fats • Packed with Omega-3's
Tested safe for unlimited consumption for children*
Certified sustainable to the Marine Stewardship Council's environmental standard 

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 Chemicals
- No Hormones



Wild Alaskan Fish Nuggets

Our mission is to be your family's trusted source for the world's healthiest, safest and highest quality ocean friendly seafood...naturally. We set out to create the best fish stick on earth. We think you'll agree that these revolutionary nuggets are the best tasting and healthiest you've ever eaten.

Henry & Lisa



Wild Alaskan Gluten-Free Nuggets UPC # 812410000385

Nutrition Facts

Serving Size: 4 Nuggets (113 g)
Servings per Container: 3

Amount Per Serving	
Calories	190
Calories from Fat 100	
% Daily Value*	
Total Fat	11g 17%
Saturated Fat	1g 4%
Trans Fat	0g
Cholesterol	60mg 20%
Sodium	130mg 5%
Total Carbohydrate	4g 1%
Dietary Fiber	0g 0%
Sugars	0g
Protein	17g
Omega 3s	230mg

Vitamin A 0% Vitamin C 0%
Calcium 6% 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 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

Ingredients: Alaska Pollock, batter mix (yellow corn flour, rice flour, modified food starch, salt, leavening [sodium bicarbonate, sodium acid pyrophosphate], garlic spice, xanthan gum), water, canola oil.

Wild Alaskan Nuggets UPC # 812410000262

Nutrition Facts

Serving Size: 4 Pieces (113 g) 4 oz
Servings per Container: About 3

Amount Per Serving	
Calories	220
Calories from Fat 80	
% Daily Value*	
Total Fat	9g 14%
Saturated Fat	1.5g 8%
Trans Fat	0g
Polyunsaturated Fat	5g
Monounsaturated Fat	2g
Cholesterol	45mg 15%
Sodium	360mg 15%
Total Carbohydrate	24g 8%
Dietary Fiber	3g 12%
Sugars	0g
Protein	13g 26%
Omega 3s	230mg

Vitamin A 2% Vitamin C 0%
Calcium 2% 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 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

Ingredients: Alaska Pollock, wheat flour, water, soybean oil, contains less than 2% of: rice flour, yellow corn flour, corn starch, egg whites, dehydrated garlic, spice, dehydrated onion, potato dextrin, sea salt, natural cane sugar, whey, oat fiber, evaporated cane juice, gum arabic, yeast, malted barley flour, yellow corn meal.



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 (conservationist from Environmental Defense, Monterey Bay Aquarium and other organizations) 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, **a portion of sales are donated to marine conservation and education efforts**.

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