

# Barramundi : Source: FAO 57



~ *Lates calcarifer*

## Product Line



**16-32 oz fillets**  
**Skinless/ skin on,**  
**Boneless/ shattr pack**  
**10 kg cartons NET**



**120-140g % loins**  
**Skinless, Boneless**  
**bulk pack**  
**10 kg cartons NET**



**130g , 100g +/-10% portions**  
**Skinless, Boneless**  
**bulk pack**  
**10 kg cartons NET**

## Documentation Proof

Country	Documents Required
East Indian Ocean (FAO27)	Certificate of Origin Inspection and Quarantine Certificate

## Sustainability

A very popular fish and ever increasingly so. It is both wild caught and farmed. Even the farming for this species is low impact. It is a sustainable item.

## Summary

This fish is sustainably sourced. The fisheries are mainly accredited by the sovereign states or in some cases Global Gap. ASC accreditation on some Vietnamese farms is now being undertaken..

## PRR Accepted Standard

Sovereign state or Global Gap,

## Nutritional Information

<b>Servings</b>	<b>1</b>
<b>Serving Weight</b>	<b>100g (raw)</b>
Calories	92
Protein	19.4 g
Fat, total	1.5 g
Saturated fatty acids, total	0.4 g
Carbohydrate	0 g
Sugars, total	0 g
Fiber, total dietary	0 g
Cholesterol	0g



Property HIFA (Hinu) (Haini)