

INGREDIENTS:

Pilchards (65%) (Sardinops Sagax Ocellatus and/or Sardinia Pilchards) (Fish), Water, Stabilizer, Salt, Thickener, Salt water, Tomato paste, Cayenne pepper.

METHOD OF FISHING:

Purse Sein Nets and/or Trawled. FA034 and/or FA047

ADDITIONAL INFORMATION:

Eating omega-3 fatty acids from pilchards is associated with a decreased risk of cardiovascular disease. Healthy eating guidelines recommend that you should aim to eat a minimum of two servings of oily fish per week. The fish contains edible soft bones and skin.

STORE IN A COOL, DRY PLACE AND USE WITHIN BEST BEFORE DATE DISPLAYED ON THE TOP OF THE CAN. ONCE OPENED, EMPTY UNUSED CONTENTS INTO A SEALABLE CONTAINER AND KEEP REFRIGERATED FOR UP TO 3 DAYS.

TYPICAL NUTRITIONAL INFORMATION

Ready to eat!

	Per 100g servings
Energy	419 KJ
Protein	15.8 g
Glycaemic Carbohydrate	1 g
of which total sugar	<0.5 g
Total Fat	3.7 g
of which saturated fat	1.3 g
trans fat	<0.1 g
monounsaturated fat	0.9 g
polyunsaturated fat	1.3 g
of which omega-6 fatty acids	270 mg
omega-3 fatty acids	1060 mg
of which EPA*	750 mg
of which DHA**	280 mg
Cholesterol	40 mg
Dietary Fibre	0.9 g
Total Sodium	224 mg
Calcium	291 mg

*Analysed using AOAC 991.43 method
Nutrients reference values (NRVs) for individuals 4 years and older.

SERVING SIZE ALLOWS 4 PORTIONS

400 g

Each 100g serving contains the following of an adult's suggested daily amount

Energy
419KJ

5%

Sugars
<0.5g

<1%

Fat
3.7 g

5%

Saturates
1.3 g

7%

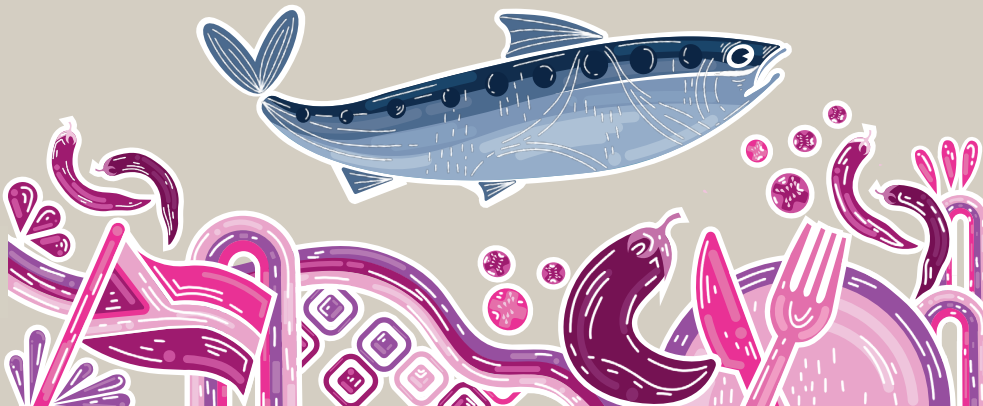
Sodium
244 mg

9%

**HIGH
SOURCE OF
PROTEIN**



**HIGH IN
OMEGA
OILS**



PILCHARDS IN CHILLI SAUCE

PILCHARDS FOR THE PEOPLE

Delmare Pilchards is a product developed in the interest of the people. We strive to uphold and further uplift the rich and vibrant Kasi culture that runs through the blood of so many proud South Africans, the culture that unites people from all walks of life. We strive to create a product that not only provides nutritious and tasty meals but also creates a sense of uplifting and appreciation of the Kasi vibe.

We are confident in the quality of our pilchards. Therefore if you are not fully satisfied with Delmare pilchards we will be more than happy to exchange the product or alternatively give you 100% of your money back!

Timothy Trainmare
Founder of Delmare Pilchards

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**ONLY PRODUCED AND SOLD
IN SOUTH AFRICA**

www.DelmarePilchards.co.za



Produced in South Africa