

INGREDIENTS:

Pilchards (65%) (Sardinops Sagax
Ocellatus and/or Sardina Pilchards)
(Fish), Water, Stabilizer, Salt,
Thickener, Salt water.

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	410 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	246 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

Energy
410KJ

5%

Sugars
<0.5g

<1%

Fat
3.7 g

5%

Saturates
1.3 g

7%

Sodium
246 mg

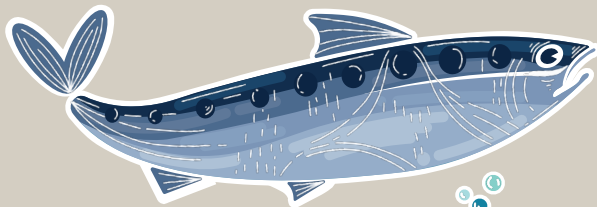
9%

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

**HIGH
SOURCE OF
PROTEIN**



**HIGH IN
OMEGA
OILS**



PILCHARDS IN BRINE

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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CUSTOMER CARE

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**ONLY PRODUCED AND SOLD
IN SOUTH AFRICA**

www.DelmarePilchards.co.za



Produced in South Africa