

# *Mahi-Mahi*

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Florida mahi-mahi (*Cotyphaena hippurus*) is a brilliantly colored fish with an iridescent blue-green and gold body, golden yellow fins and tail. It is also known as dolphin or dorado. The Hawaiian name, mahi-mahi, means "strong-strong" referring to mahi-mahi as one of the fastest swimming fish in the sea. Mahi-mahi prefers the warm tropical waters found along the Gulf Coast of Florida. It feeds off shore on small fish, shrimp, squid and crabs.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portions: Calories 100, Calories From Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fatty Acid 0g, Cholesterol 80mg, Sodium 100mg, Total Carbohydrates 0g, Protein 22g, Omega 3 Fatty Acid 0.11g.

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

**FreshFromFlorida.com/Seafood**