

Swordfish

Swordfish, (*Xiphias gladius*), are found in temperate and tropic waters worldwide including Florida's Gulf and Atlantic waters. They are referred to as billfish due to the sharp, double-edged sword-like projection of the upper jaw that may be up to one third of the fish's total length.

Today the swordfish fishery is closely monitored to prevent overfishing. In the last decade, the U.S. North Atlantic swordfish stock has become totally recovered thanks to our government and fishermen. The swordfish population will continue to be assessed every two years to insure sustainability at conservative harvest levels.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portion: Calories 130, Calories From Fat 35, Total Fat 4g, Saturated Fat 1g, Trans Fatty Acid 0, Cholesterol 55mg, Sodium 105mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.83g.

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.

For women of child-bearing age and small children there are health hazards associated with mercury in swordfish. For more information, go to the FDA food safety website www.cfsan.fda.gov or the EPA website www.epa.gov/ost/fish.