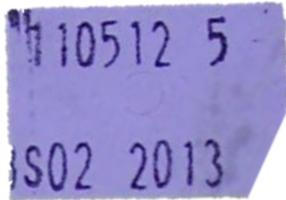


TRUE TASTE SMOKED FISH PACKAGING AND LABELS

Date Code Sticker



Production Date



Best if Used by Date

Hot Smoked Rainbow Trout

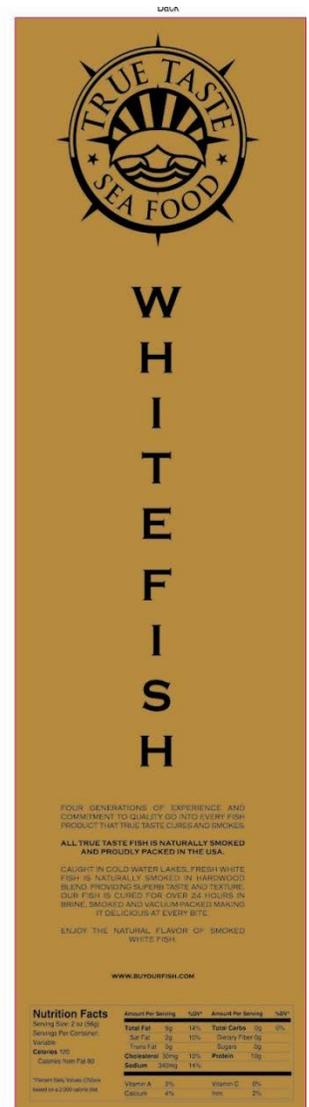
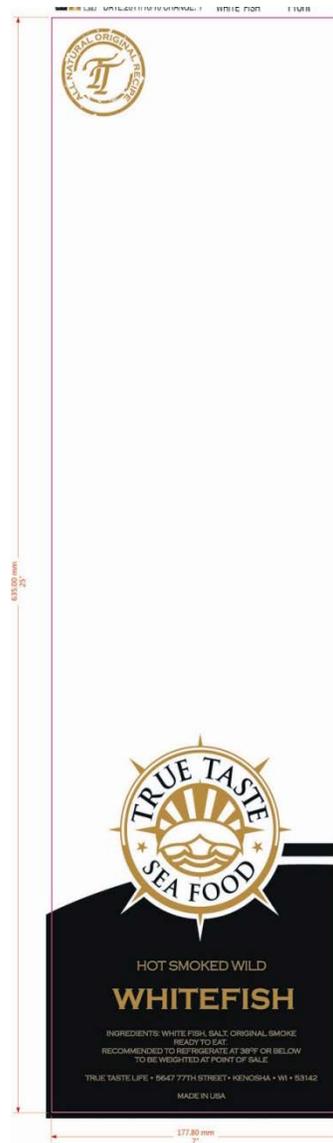
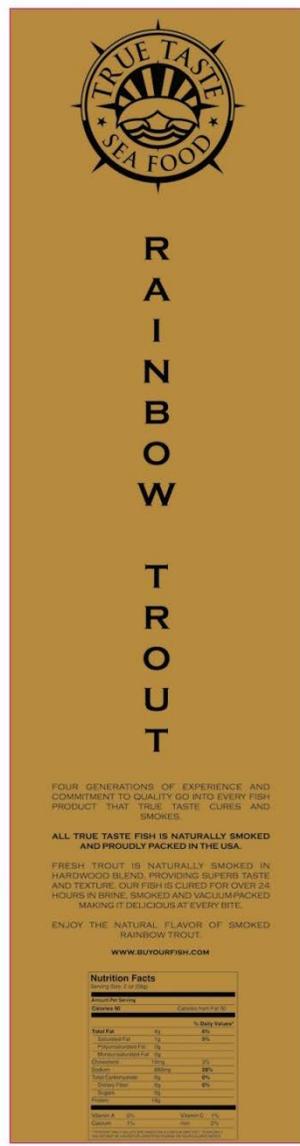
Hot Smoked Whitefish

Front

Back

Front

Back



Hot Smoked Mackerel

Front

Back

127mm
127mm





M A C K E R E L

FOUR GENERATIONS OF EXPERIENCE AND COMMITMENT TO QUALITY GO INTO EVERY PIECE OF FISH THAT TRUE TASTE CURES AND SMOKES.

ALL TRUE TASTE SMOKED FISH PRODUCTS ARE NATURAL AND PROUDLY SMOKED AND PACKED IN THE USA.

MACKEREL IS ONE OF THE SO-CALLED OILY FISHES. IT LIVES RIGHT ACROSS THE NORTH ATLANTIC BUT IT IS A SEASONAL FISH IN THE SENSE THAT IT CAN BE FOUND IN SHALLOW WATERS IN THE SUMMER MONTHS AND IN DEEPER WATERS IN THE WINTER. FISH OILS ARE HIGH IN OMEGA 3 FATS, OMEGA 3 AND OMEGA 6 ARE ALSO KNOWN AS ESSENTIAL FATTY ACIDS. THESE ARE THE GOOD FATS WHICH ARE IMPLICATED IN HEALTHY BRAIN AND NERVE DEVELOPMENT. OMEGA 3 HAS BEEN PROVEN TO HAVE A ROLE IN PREVENTING HEART DISEASE AND IS THOUGHT TO HELP TREAT BIPOLAR DISORDER AND DEPRESSION.

EACH FISH IS INDIVIDUALLY PACKED IN A VACUUM SEALED BAG TO PRESERVE FLAVOR AND FRESHNESS.

WWW.BUYOURFISH.COM

Nutrition Facts		
Serving Size: 3 oz (85g)		
Amount Per Serving		
		Calories from Fat 78
		Calories 171
		% Daily Values*
Total Fat	8.6g	17%
Saturated Fat	2.4g	12%
Polysaturated Fat	5.2g	
Monounsaturated Fat	2.9g	
Cholesterol	1.0mg	17%
Sodium	54mg	4%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Alcohol	21.5g	
Vitamin A	0%	Vitamin C 1%
Calcium	1%	Iron 2%

*Percent Daily Values are based on a diet of other people's secrets.



NATURALLY HOT SMOKED MACKEREL

INGREDIENTS: NATURAL MACKEREL, SALT, ORIGINAL SMOKE
READY TO EAT.
RECOMMENDED TO REFRIGERATE AT 38°F OR BELOW
TO BE WEIGHED AT POINT OF SALE

TRUE TASTE LIFE • 5647 77TH STREET • KENOSHA • WI • 53142

PACKED IN USA

Hot Smoked Herring

Front

Back



TRUE TASTE SEA FOOD

HOT SMOKED

LAKE HERRING

INGREDIENTS: LAKE HERRING, SALT, ORIGINAL SMOKE
READY TO EAT.
RECOMMENDED TO REFRIGERATE AT 38°F OR BELOW
TO BE WEIGHED AT POINT OF SALE

TRUE TASTE LIFE • 5647 77TH STREET • KENOSHA • WI • 53142

MADE IN USA

Hot Smoked Salmon Steak



Cold Smoked Mackerel

Front

Back

