



Crayfish

Contains: Niacin, Folate, Iron
High in: Omega-3, Protein, Vitamin B12, Phosphorus, Copper, Selenium, Iodine

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	283	3
Energy (kcal)	67	3
Fat (g)	0.8	1
Of which saturates (g)	0.1	1
Of which monounsaturates (g)	0.2	
Of which polyunsaturates (g)	0.3	
Omega-3 – EPA + DHA (mg)	144*	
Of which EPA (mg)	117*	
Of which DHA (mg)	27*	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	14.9	30
Salt (g)	0.38	6

- Low in fat
- Low in saturates
- Low in sugars
- Low in salt

Source: Revised Composition of Foods Integrated Data Set (CoFids). Data for nutrients marked * are from the USDA National Nutrient Database for Standard Reference Legacy Release, April 2018.

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	Tr	Tr
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	No data	No data
Thiamin (B1) (mg)	0.05	5
Riboflavin (B2) (mg)	0.04	3
Niacin (B3) (mg)	4.7	29
Vitamin B6 (mg)	0.07	5
Vitamin B12 (mcg)	2	80
Folate (mcg)	30	15
Pantothenic acid (mg)	0.57	10
Biotin (mcg)	No data	No data
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	260	13
Calcium (mg)	33	4
Magnesium (mg)	25	7
Phosphorus (mg)	240	34
Iron (mg)	2.2	16
Copper (mg)	0.44	44
Zinc (mg)	1.3	13
Manganese (mg)	0.15	8
Selenium (mcg)	70	127
Iodine (mcg)	100	67

Nutritional Profile

Crayfish

The benefits of macronutrients, vitamins and minerals



Protein

- contributes to a growth in muscle mass
- contributes to the maintenance of muscle mass
- contributes to the maintenance of normal bones
- is needed for normal growth and development of bone in children

Niacin (Vitamin B3)

- the maintenance of normal skin
- the reduction of tiredness and fatigue
- the normal functioning of the nervous system
- normal psychological function
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes

Vitamin B12

- the reduction of tiredness and fatigue
- the normal function of the immune system
- the normal functioning of the nervous system
- normal red blood cell formation
- normal psychological function
- normal energy-yielding metabolism
- normal homocysteine metabolism
- has a role in the process of cell division

Folate

- the reduction of tiredness and fatigue
- the normal function of the immune system
- normal blood formation
- normal psychological function
- maternal tissue growth during pregnancy
- normal amino acid synthesis
- normal homocysteine metabolism
- has a role in the process of cell division

Phosphorus

- the maintenance of normal bones
- the maintenance of normal teeth
- is needed for the normal growth and development of bone in children
- normal energy-yielding metabolism
- normal function of cell membranes

Iron

- the reduction of tiredness and fatigue
- normal cognitive function
- the normal function of the immune system
- normal formation of red blood cells and haemoglobin
- normal oxygen transport in the body
- normal energy-yielding metabolism
- has a role in the process of cell division
- normal cognitive development of children

Copper

- normal hair pigmentation
- normal skin pigmentation
- the normal function of the immune system
- normal functioning of the nervous system
- maintenance of normal connective tissues

Selenium

- the maintenance of normal hair
- the maintenance of normal nails
- the normal function of the immune system
- the normal thyroid function
- the protection of cells from oxidative damage
- normal spermatogenesis

Iodine

- the maintenance of normal skin
- the normal growth of children
- normal cognitive function
- normal functioning of the nervous system
- the normal production of thyroid hormones and normal thyroid function
- normal energy-yielding metabolism

Omega-3

DHA and EPA

- contribute to the normal function of the heart (the claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim 'source of omega-3 fatty acids'. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of EPA and DHA)