

Cockles

Contains: Niacin, Biotin, Phosphorus, Zinc
High in: Protein, Vitamin B12, Iron, Copper, Manganese, Selenium, Iodine

Nutrition information per 100g (boiled)

Macronutrients		% Reference Intake
Energy (kJ)	226	3
Energy (kcal)	53	3
Fat (g)	0.6	1
Of which saturates (g)	0.2	1
Of which monounsaturates (g)	0.1	
Of which polyunsaturates (g)	0.2	
Omega-3 – EPA + DHA (mg)	Tr	
Of which EPA (mg)	Tr	
Of which DHA (mg)	Tr	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	12	24
Salt (g)	1.23	21

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

Source: Revised Composition of Foods Integrated Data Set (CoFids).

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	40	5
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	No data	No data
Thiamin (B1) (mg)	0.05	5
Riboflavin (B2) (mg)	0.11	8
Niacin (B3) (mg)	3.8	24
Vitamin B6 (mg)	0.04	3
Vitamin B12 (mcg)	47	1880
Folate (mcg)	No data	No data
Pantothenic acid (mg)	0.27	5
Biotin (mcg)	9	18
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	110	6
Calcium (mg)	91	11
Magnesium (mg)	46	12
Phosphorus (mg)	140	20
Iron (mg)	28	200
Copper (mg)	0.38	38
Zinc (mg)	2.1	21
Manganese (mg)	0.84	42
Selenium (mcg)	43	78
Iodine (mcg)	160	107

Nutritional Profile

Cockles

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)

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

Vitamin B12

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

Biotin

- contributes to the maintenance of normal hair
- contributes to the maintenance of normal skin
- contributes to the normal functioning of the nervous system
- contributes to normal psychological function
- contributes to the maintenance of normal mucous membranes
- contributes to normal energy-yielding metabolism
- contributes to normal macronutrient metabolism

Phosphorus

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

Iron

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

Zinc

- contributes to the maintenance of normal bone
- contributes to the maintenance of normal hair
- contributes to the maintenance of normal nails
- contributes to the maintenance of normal skin
- contributes to the maintenance of normal vision
- contributes to the normal function of the immune system
- contributes to normal cognitive function
- contributes to the maintenance of normal testosterone levels in the blood
- contributes to normal fertility and reproduction
- contributes to the protection of cells from oxidative stress
- has a role in the process of cell division
- contributes to normal DNA synthesis
- contributes to normal acid-base metabolism
- contributes to normal carbohydrate metabolism
- contributes to normal macronutrient metabolism
- contributes to normal metabolism of fatty acids
- contributes to normal metabolism of vitamin a
- contributes to normal protein synthesis

Copper

- contributes to normal hair pigmentation
- contributes to normal skin pigmentation
- contributes to the normal function of the immune system
- contributes to normal functioning of the nervous system
- contributes to maintenance of normal connective tissues
- contributes to normal iron transport in the body
- contributes to normal energy-yielding metabolism
- contributes to the protection of cells from oxidative damage

Manganese

- contributes to the maintenance of normal bones
- contributes to the normal formation of connective tissue
- contributes to normal energy-yielding metabolism
- contributes to the protection of cells from oxidative stress

Selenium

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

Iodine

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