

Crab, White And Brown Meat

Contains: Pantothenic acid, Biotin, Calcium
High in: Omega-3, Protein, Riboflavin, Niacin, Vitamin B12, Vitamin E, Phosphorus, Copper, Zinc, Selenium, Iodine

Nutrition information per 100g (cooked as purchased)

Macronutrients		% Reference Intake
Energy (kJ)	484	6
Energy (kcal)	115	6
Fat (g)	4.1	6
Of which saturates (g)	0.7	4
Of which monounsaturates (g)	0.9	
Of which polyunsaturates (g)	0.8	
Omega-3 – EPA + DHA (mg)	585	
Of which EPA (mg)	305	
Of which DHA (mg)	280	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	19.7	39
Salt (g)	0.84	14

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

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	3	Tr
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	4.73	39
Thiamin (B1) (mg)	0.05	5
Riboflavin (B2) (mg)	0.88	63
Niacin (B3) (mg)	6.2	39
Vitamin B6 (mg)	0.16	11
Vitamin B12 (mcg)	12.9	516
Folate (mcg)	13	7
Pantothenic acid (mg)	1.61	27
Biotin (mcg)	8.7	17
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	204	10
Calcium (mg)	226	28
Magnesium (mg)	42	11
Phosphorus (mg)	318	45
Iron (mg)	1.5	11
Copper (mg)	1.72	172
Zinc (mg)	6.6	66
Manganese (mg)	0.19	10
Selenium (mcg)	156	284
Iodine (mcg)	218	145

Nutritional Profile

Crab, Brown Meat (Cooked)

The benefits of macronutrients, vitamins and minerals



Protein

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

Riboflavin (Vitamin B2)

- the reduction of tiredness and fatigue
- the maintenance of normal skin
- the maintenance of normal vision
- the normal functioning of the nervous system
- the maintenance of normal red blood cells
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes
- the normal metabolism of iron
- the protection of cells from oxidative stress

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

Pantothenic Acid

- the reduction of tiredness and fatigue
- normal mental performance
- normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- normal energy-yielding metabolism

Biotin

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

Vitamin E

- the protection of cells from oxidative stress

Calcium

- is needed for the maintenance of normal bones

- is needed for the maintenance of normal teeth
- is needed for the normal growth and development of bone in children
- normal muscle function
- normal blood clotting
- normal neurotransmission
- the normal function of digestive enzymes
- has a role in the process of cell division and specialisation
- normal energy-yielding metabolism
- helps to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures (The claim may be used only for food which provides at least 400mg calcium per quantified portion. Information shall be given to the consumer that the claim is specifically intended for women 50 years and older and the beneficial effect is obtained with a daily intake of at least 1200mg calcium from all sources.)

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

Zinc

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

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
- normal iron transport in the body
- normal energy-yielding metabolism
- the protection of cells from oxidative damage

Nutritional Profile

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The benefits of macronutrients, vitamins and minerals



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)

DHA

- the maintenance of normal brain function (the claim may be used only for food which contains at least 40mg DHA per 100g and per 100kcal. 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)
- the maintenance of normal vision (the claim may be used only for food which contains at least 40mg DHA per 100g and per 100kcal. 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)
- maternal intake contributes to the normal brain development of the foetus and breastfed infants (information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults ie 250mg DHA and EPA. The claim can be used only for food which provides a daily intake of at least 200mg DHA)
- maternal intake contributes to the normal development of the eye of the foetus and breastfed infants (information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults ie 250mg DHA and EPA. The claim can be used only for food which provides a daily intake of at least 200mg DHA)