



Cuttlefish

Contains: Vitamin B6, Potassium, Iron
High in: Omega-3, Protein, Riboflavin, Niacin,
Vitamin B12, Phosphorus, Copper, Selenium

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	300	4
Energy (kcal)	71	4
Fat (g)	0.7	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)	200	
Of which EPA (mg)	100	
Of which DHA (mg)	100	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	16.1	32
Salt (g)	0.93	16

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

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)	0	0
Vitamin D (mcg)	0	0
Vitamin E (mg)	No data	No data
Thiamin (B1) (mg)	0.04	4
Riboflavin (B2) (mg)	0.48	34
Niacin (B3) (mg)	7.1	44
Vitamin B6 (mg)	0.39	28
Vitamin B12 (mcg)	2	80
Folate (mcg)	13	7
Pantothenic acid (mg)	0.5*	8
Biotin (mcg)	No data	No data
Vitamin C (mg)	0	0

Minerals		% Nutrient Reference Value
Potassium (mg)	310	16
Calcium (mg)	59	7
Magnesium (mg)	30*	8
Phosphorus (mg)	270	39
Iron (mg)	3.4	24
Copper (mg)	0.59	59
Zinc (mg)	1.2	12
Manganese (mg)	0.01	1
Selenium (mcg)	65	118
Iodine (mcg)	No data	No data

Nutritional Profile

Cuttlefish

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 B6

- 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
- the regulation of hormonal activity
- normal cysteine synthesis
- normal energy-yielding metabolism
- normal homocysteine metabolism
- normal protein and glycogen metabolism

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

Potassium

- the maintenance of normal blood pressure
- normal muscle function
- normal functioning of the nervous system

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

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

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)