

# Crab, Brown Meat (Cooked)

**Contains:** Vitamin B6, Pantothenic acid, Iron, Manganese

**High in:** Omega-3, Protein, Riboflavin, Niacin, Vitamin B12, Vitamin E, Calcium, Phosphorus, Copper, Zinc, Selenium, Iodine

## Nutrition information per 100g (cooked as purchased)

Macronutrients		% Reference Intake
Energy (kJ)	608	7
Energy (kcal)	145	7
Fat (g)	7.8	11
Of which saturates (g)	1.3	7
Of which monounsaturates (g)	1.8	
Of which polyunsaturates (g)	1.6	
Omega-3 – EPA + DHA (mg)	1110	
Of which EPA (mg)	570	
Of which DHA (mg)	540	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugar (g)	0	0
Protein (g)	18.8	38
Salt (g)	0.88	15

- Low in saturates
- Low in sugars

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	6	1
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	7.3	61
Thiamin (B1) (mg)	0.06	5
Riboflavin (B2) (mg)	1.5	107
Niacin (B3) (mg)	7.4	46
Vitamin B6 (mg)	0.22	16
Vitamin B12 (mcg)	22.4	896
Folate (mcg)	19	10
Pantothenic acid (mg)	1.22	20
Biotin (mcg)	6	12
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	167	8
Calcium (mg)	366	46
Magnesium (mg)	49	13
Phosphorus (mg)	488	70
Iron (mg)	2.5	18
Copper (mg)	2.49	249
Zinc (mg)	5.9	59
Manganese (mg)	0.33	17
Selenium (mcg)	225	409
Iodine (mcg)	333	222

## 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 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

#### 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

#### 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

#### 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

#### 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

## Nutritional Profile

### Crab, Brown Meat (Cooked)

The benefits of macronutrients, vitamins and minerals



#### 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

#### Manganese

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

#### 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)
- DHA maternal intake 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)

- the normal visual development of infants up to 12 months of age. (Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100mg DHA)
- through 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)