

Ling

Contains: Vitamin B6, Potassium, Magnesium
High in: Protein, Niacin, Vitamin B12, Phosphorus, Selenium

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	346	4
Energy (kcal)	82	4
Fat (g)	0.7	1
Of which saturates (g)	0.1*	1
Of which monounsaturates (g)	0.1*	
Of which polyunsaturates (g)	0.2*	
Omega-3 – EPA + DHA (mg)	No data	
Of which EPA (mg)	No data	
Of which DHA (mg)	No data	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	18.8	38
Salt (g)	0.3	5

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

Source: McCance & Widdowson's Fish and Fish Products 3rd Supplement to The Composition of Foods. 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)	0.3	3
Thiamin (B1) (mg)	0.11	10
Riboflavin (B2) (mg)	0.08	6
Niacin (B3) (mg)	5.8	36
Vitamin B6 (mg)	0.3	21
Vitamin B12 (mcg)	1	40
Folate (mcg)	7*	4
Pantothenic acid (mg)	0.32	5
Biotin (mcg)	1	2
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	350	18
Calcium (mg)	25	3
Magnesium (mg)	62	17
Phosphorus (mg)	210	30
Iron (mg)	0.7	5
Copper (mg)	0.02	2
Zinc (mg)	0.4	4
Manganese (mg)	No data	No data
Selenium (mcg)	35	64
Iodine (mcg)	No data	No data

Nutritional Profile

Ling

The benefits of macronutrients, vitamins and minerals



Protein

- a growth in muscle mass
- the maintenance of muscle mass
- the maintenance of normal bones

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

Magnesium

- the reduction of tiredness and fatigue
- the maintenance of normal bones
- the maintenance of normal teeth
- normal muscle function
- normal functioning of the nervous system
- normal psychological function
- has a role in the process of cell division
- electrolyte balance
- normal energy-yielding metabolism
- normal protein synthesis

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