

John Dory

Contains: Phosphorus

High in: Omega-3, Protein, Vitamin B6

Nutrition information per 100g (raw)

| Macronutrients | | % Reference Intake |
|------------------------------|------|--------------------|
| Energy (kJ) | 375 | 4 |
| Energy (kcal) | 89 | 4 |
| Fat (g) | 1.4 | 2 |
| Of which saturates (g) | 0.3 | 2 |
| Of which monounsaturates (g) | 0.2 | |
| Of which polyunsaturates (g) | 0.5 | |
| Omega-3 – EPA + DHA (mg) | 500 | |
| Of which EPA (mg) | 100 | |
| Of which DHA (mg) | 400 | |
| Carbohydrate (g) | 0 | 0 |
| Of which starches (g) | 0 | |
| Of which sugars (g) | 0 | 0 |
| Protein (g) | 19 | 38 |
| Salt (g) | 0.15 | 3 |

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

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

| Vitamins | | % Nutrient Reference Value |
|-----------------------|---------|----------------------------|
| Vitamin A (mcg) | 0 | 0 |
| Vitamin D (mcg) | 0 | 0 |
| Vitamin E (mg) | No data | No data |
| Thiamin (B1) (mg) | No data | No data |
| Riboflavin (B2) (mg) | No data | No data |
| Niacin (B3) (mg) | No data | No data |
| Vitamin B6 (mg) | 0.95 | 68 |
| Vitamin B12 (mcg) | No data | No data |
| Folate (mcg) | No data | No data |
| Pantothenic acid (mg) | No data | No data |
| Biotin (mcg) | No data | No data |
| Vitamin C (mg) | 0 | 0 |

| Minerals | | % Nutrient Reference Value |
|-----------------|---------|----------------------------|
| Potassium (mg) | 240 | 12 |
| Calcium (mg) | 40 | 5 |
| Magnesium (mg) | 20 | 5 |
| Phosphorus (mg) | 180 | 26 |
| Iron (mg) | No data | No data |
| Copper (mg) | 0.04 | 4 |
| Zinc (mg) | 0.3 | 3 |
| Manganese (mg) | No data | No data |
| Selenium (mcg) | No data | No data |
| Iodine (mcg) | No data | No data |

Nutritional Profile

John Dory

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

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

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

Omega-3

DHA and EPA

- 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 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)

- 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)