

Cold Water Prawns

Contains: Niacin, Phosphorus, Copper
High in: Omega-3, Protein, Vitamin B12,
Vitamin E, Selenium

Nutrition information per 100g (purchased cooked)

Macronutrients		% Reference Intake
Energy (kJ)	295	4
Energy (kcal)	70	4
Fat (g)	0.9	1
Of which saturates (g)	0.1	1
Of which monounsaturates (g)	0.2	
Of which polyunsaturates (g)	0.2	
Omega-3 – EPA + DHA (mg)	190	
Of which EPA (mg)	110	
Of which DHA (mg)	80	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	15.4	31
Salt (g)	1.47	25

- Low in calories
- Low in saturates
- Low in sugars

Source: Department of Health (2013)
Nutrient analysis of fish and fish products.

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	Tr	Tr
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	3.6	30
Thiamin (B1) (mg)	Tr	Tr
Riboflavin (B2) (mg)	0.05	4
Niacin (B3) (mg)	3.6	23
Vitamin B6 (mg)	0.03	2
Vitamin B12 (mcg)	2.3	92
Folate (mcg)	10	5
Pantothenic acid (mg)	0.14	2
Biotin (mcg)	4	8
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	74	4
Calcium (mg)	65	8
Magnesium (mg)	36	10
Phosphorus (mg)	127	18
Iron (mg)	1	7
Copper (mg)	0.28	28
Zinc (mg)	1	10
Manganese (mg)	0.02	1
Selenium (mcg)	30	55
Iodine (mcg)	13	9

Nutritional Profile

Cold Water Prawns

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

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

Vitamin E

- the protection of cells from oxidative stress

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

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

- 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)