



Squid

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

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	344	4
Energy (kcal)	81	4
Fat (g)	1.7	3
Of which saturates (g)	0.4	2
Of which monounsaturates (g)	0.2	
Of which polyunsaturates (g)	0.6	
Omega-3 – EPA + DHA (mg)	400	
Of which EPA (mg)	100	
Of which DHA (mg)	300	
Carbohydrate (g)	1.2	Tr
Of which starches (g)	Tr	
Of which sugars (g)	Tr	Tr
Protein (g)	15.4	31
Salt (g)	0.28	5

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	15	2
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	1.2	10
Thiamin (B1) (mg)	0.1	9
Riboflavin (B2) (mg)	0.12	9
Niacin (B3) (mg)	6.7	42
Vitamin B6 (mg)	0.69	49
Vitamin B12 (mcg)	3	120
Folate (mcg)	13	7
Pantothenic acid (mg)	0.68	11
Biotin (mcg)	No data	No data
Vitamin C (mg)	0	0

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

Minerals		% Nutrient Reference Value
Potassium (mg)	280	14
Calcium (mg)	13	2
Magnesium (mg)	28	7
Phosphorus (mg)	190	27
Iron (mg)	0.5	4
Copper (mg)	0.98	98
Zinc (mg)	1.1	11
Manganese (mg)	0.02	1
Selenium (mcg)	66	120
Iodine (mcg)	20	13

Source: McCance & Widdowson's Fish and Fish Products 3rd Supplement to The Composition of Foods.

Nutritional Profile

Squid

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 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

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

- 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 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)
- 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)
- 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)