

BACKGROUND TO DATA COLLATION FOR FISH SPECIES FACT SHEETS

Nutrition data sources used

McCance & Widdowson's The Composition of Foods is the standard nutrition data set used in the UK. In addition, the Department of Health published its Nutrient Analysis of Fish and Fish Products in March 2013. These figures have been integrated into the most up-to-date version of McCance & Widdowson's The Composition of Foods (7th edition at the time of compilation).

Consequently, McCance & Widdowson data (6th edition and the 3rd supplement on Fish and Fish products), together with the recent Department of Health analysis have been used to compile the nutrition fact sheets. Where UK data is unavailable, the USDA National Nutrient Database for Standard Reference Release 27 has been used to provide nutrition information.

Presentation of fish

In most cases, nutrition information is provided per 100g RAW fish. Raw fish has been used as cooking methods are many, and will alter the nutrition. The exception is for some varieties of shellfish, where values are for boiled (crab, lobster and langoustine). This is because these shellfish always tend to be cooked in the shell.

Comparisons with daily quotas

Macronutrients for the different species have been compared with Reference Intakes (RI's) and shown as a % of the RI. (RI's replace the older Guideline Daily Amounts or GDA's). These are the values that are used on food packaging throughout the EU. There is only one set of Reference Intakes (ie no split for male, female or children). The Reference Intakes are as follows:

- Energy: 8,400 kJ/2,000kcal
- Total fat: 70g
- Saturates: 20g
- Carbohydrate: 260g
- Total sugars: 90g
- Protein: 50g
- Salt: 6g

Micronutrients (vitamins and minerals) for the different species have been compared with Nutrient Reference Values (NRV's) and shown as a % of the NRV. (NRV's replace the Recommended Daily Amounts or RDAs). These are the values that are used on food packaging throughout the UK. There is only one set of Nutrient Reference Values (ie no split for male, female or children). See chart below for details of the NRVs.

For the purpose of the fact sheets, % RI's and % NRV's have been rounded up to the nearest whole number, unless the value is just below 15% or 30% (see below), in which case, values are given to one decimal point

Claims

The EU regulation on Nutrition and Health Claims outlines criteria for making claims. All the claims for macronutrients and micronutrients provided in the species fact sheets comply with this regulation. The criteria for macronutrients and micronutrients are as follows:

- Low in fat – ≤ 3 g fat per 100g
- Low in saturates – ≤ 1.5 g saturates per 100g
- Low in sugar – ≤ 5 g sugar per 100g
- Low in salt – < 0.3 g salt per 100g
- Rich in protein – at least 20% of the calories must come from protein
- Source of omega-3 – at least 40mg of EPA and DHA combined per 100g and per 100kcal
- Rich in omega-3 – at least 80mg of EPA and DHA combined per 100g and per 100kcal
- Source of micronutrient – product must provide at least 15% of the NRV per 100g
- Rich in micronutrient – product must provide at least 30% of the NRV per 100g

The chart below outlines cut off points for 'source of' and 'rich in' criteria for micronutrients.

The European Food Safety Authority (EFSA) also has a list of approved claims for nutrient functions eg 'protein supports the growth and maintenance of muscle mass and is needed to maintain normal bone.' These must be worded as closely to the EFSA wording as possible.

**NUTRIENT REFERENCE VALUES FOR MAKING OR IMPLYING A
VITAMIN OR MINERAL CONTENT CLAIM**

<i>Minerals</i>	<i>Units</i>	<i>NRV</i>	<i>Source of (at least 15% of the NRV</i>	<i>Rich in (at least 30% of the NRV)</i>
Potassium	mg	2000	300	600
Chloride	mg	800	120	240
Calcium	mg	800	120	240
Phosphorus	mg	700	105	210
Magnesium	mg	375	56.25	112.5
Iron	mg	14	2.1	4.2
Zinc	mg	10	1.5	3
Copper	mg	1	0.15	0.3
Manganese	mg	2	0.3	0.6
Fluoride	mg	3.5	0.525	1.05
Selenium	µg	55	8.25	16.5
Chromium	µg	40	6	12
Molybdenum	µg	50	7.5	15
Iodine	µg	150	22.5	45
<i>Vitamins</i>				
Vitamin A	µg	800	120	240
Vitamin D	µg	5	0.75	1.5
Vitamin E	mg	12	1.8	3.6
Vitamin K	µg	75	11.25	22.5
Vitamin C	mg	80	12	24
Thiamin	mg	1.1	0.165	0.33
Riboflavin	mg	1.4	0.21	0.42
Niacin	mg	16	2.4	4.8
Vitamin B6	mg	1.4	0.21	0.42
Folic acid	µg	200	30	60
Vitamin B12	µg	2.5	0.375	0.75
Biotin	µg	50	7.5	15
Pantothenic acid	mg	6	0.9	1.8

Source: Statutory Instruments
2009 No. 2538

FOOD, ENGLAND

The Food Labelling (Nutrition Information) (England) Regulations 2009
Effective from 30 October 2009