Sea Bream

High in: Protein, Niacin, Vitamin B6, Vitamin B12, Phosphorus

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	405	5
Energy (kcal)	96	5
Fat (g)	2.9	4
Of which saturates (g)	No data	No data
Of which monounsaturates (g)	No data	
Of which polyunsaturates (g)	No data	
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)	17.5	35
Salt (g)	0.28	5

– Low in fat
– Low in sugars
– Low in salt

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

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	No data	No data
Vitamin D (mcg)	No data	No data
Vitamin E (mg)	No data	No data
Thiamin (B1) (mg)	0.08	7
Riboflavin (B2) (mg)	0.1	7
Niacin (B3) (mg)	8.7	54
Vitamin B6 (mg)	0.46	33
Vitamin B12 (mcg)	2	80
Folate (mcg)	No data	No data
Pantothenic acid (mg)	0.21	4
Biotin (mcg)	No data	No data
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	270	14
Calcium (mg)	40	5
Magnesium (mg)	23	6
Phosphorus (mg)	230	33
Iron (mg)	0.5	4
Copper (mg)	0.05	5
Zinc (mg)	0.3	3
Manganese (mg)	0.04	2
Selenium (mcg)	No data	No data
Iodine (mcg)	No data	No data

Nutritional Profile

Sea Bream

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

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
- has a role in the process of cell division