Nutritional Profile

Crab, White Meat (Cooked)

Revised 10/07/18

Crab, White Meat

Contains: Omega-3, Riboflavin, Biotin, Vitamin E, Phosphorus

High in: Protein, Niacin, Vitamin B12, Pantothenic acid, Copper, Zinc, Selenium, Iodine

Nutrition information per 100g (cooked as purchased)

Macronutrients		% Reference Intake
Energy (kJ)	360	4
Energy (kcal)	85	4
Fat (g)	0.3	4
Of which saturates (g)	0.04	Tr
Of which monounsaturates (g)	0.07	
Of which polyunsaturates (g)	0.08	
Omega-3 – EPA + DHA (mg)	60	
Of which EPA (mg)	40	
Of which DHA (mg)	20	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	20.5	41
Salt (g)	0.81	14

– Low in fat
– Low in saturates
– Low in sugars

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	Tr	Tr
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	2.1	18
Thiamin (B1) (mg)	0.03	3
Riboflavin (B2) (mg)	0.25	18
Niacin (B3) (mg)	5	31
Vitamin B6 (mg)	0.1	7
Vitamin B12 (mcg)	3.4	136
Folate (mcg)	6	3
Pantothenic acid (mg)	1.99	33
Biotin (mcg)	11.4	23
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	240	12
Calcium (mg)	86	11
Magnesium (mg)	34	9
Phosphorus (mg)	147	21
Iron (mg)	0.5	4
Copper (mg)	0.95	95
Zinc (mg)	7.2	72
Manganese (mg)	0.04	2
Selenium (mcg)	87	158
Iodine (mcg)	103	69

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

Nutritional Profile

Crab, White Meat (Cooked)

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

Riboflavin (Vitamin B2)
- the reduction of tiredness and fatigue
- the maintenance of normal skin
- the maintenance of normal vision
- the normal functioning of the nervous system
- the maintenance of normal red blood cells
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes
- the normal metabolism of iron
- the protection of cells from oxidative stress

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

Pantothenic Acid
- the reduction of tiredness and fatigue
- normal mental performance
- normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- normal energy-yielding metabolism

Biotin
- the maintenance of normal hair
- the maintenance of normal skin
- the normal functioning of the nervous system
- normal psychological function
- the maintenance of normal mucous membranes
- normal energy-yielding metabolism
- normal macronutrient metabolism

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

Zinc
- the maintenance of normal bone
- the maintenance of normal hair
- the maintenance of normal nails
- the maintenance of normal skin
- the maintenance of normal vision
- the normal function of the immune system
- normal cognitive function
- the maintenance of normal testosterone levels in the blood
- normal fertility and reproduction
- the protection of cells from oxidative stress
- has a role in the process of cell division
- normal DNA synthesis
- normal acid-base metabolism
- normal carbohydrate metabolism
- normal macronutrient metabolism
- normal metabolism of fatty acids
- normal metabolism of vitamin A
- normal protein synthesis

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

Iodine
- the maintenance of normal skin
- the normal growth of children
- normal cognitive function
- normal functioning of the nervous system
- the normal production of thyroid hormones and normal thyroid function
- normal energy-yielding metabolism

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)