Salmon (farmed)

Contains: Vitamin B6, Pantothenic Acid, Potassium
High in: Omega-3, Protein, Thiamin, Niacin, Vitamin B12, Vitamin D, Vitamin E, Phosphorus, Selenium

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	902	11
Energy (kcal)	217	11
Fat (g)	15	21
Of which saturates (g)	2.8	14
Of which monounsaturates (g)	6	
Of which polyunsaturates (g)	4.1	
Omega-3 – EPA + DHA (mg)	2210	
Of which EPA (mg)	770	
Of which DHA (mg)	1440	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	20.4	41
Salt (g)	0.11	2

– Low in sugars
– Low in salt

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	16	2
Vitamin D (mcg)	4.7	94
Vitamin E (mg)	3.95	33
Thiamin (B1) (mg)	0.45	41
Riboflavin (B2) (mg)	0.07	5
Niacin (B3) (mg)	11.1	69
Vitamin B6 (mg)	0.21	15
Vitamin B12 (mcg)	4.4	176
Folate (mcg)	5	3
Pantothenic acid (mg)	1.2	20
Biotin (mcg)	1	2
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	357	18
Calcium (mg)	10	1
Magnesium (mg)	26	7
Phosphorus (mg)	226	32
Iron (mg)	0.3	2
Copper (mg)	0.05	5
Zinc (mg)	0.4	4
Manganese (mg)	0.09	5
Selenium (mcg)	18	33
Iodine (mcg)	12	8

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

Nutritional Profile

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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

Thiamin (Vitamin B1)
- normal energy-yielding metabolism
- the normal functioning of the nervous system
- normal psychological function
- the normal function of the heart

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

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

Vitamin D
- the maintenance of normal bones
- the maintenance of normal teeth
- the normal function of the immune system
- the maintenance of normal muscle function
- is needed for the normal growth and development of bone in children
- the normal function of the immune system in children
- normal absorption/utilisation of calcium and phosphorus
- normal blood calcium levels
- has a role in the process of cell division

Vitamin E
- the protection of cells from oxidative stress

Potassium
- the maintenance of normal blood pressure
- normal muscle function
- normal functioning of the nervous system

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

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)
- the maintenance of normal blood pressure (the claim may be used only for food which provide a daily intake of 3000mg EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3000mg of EPA and DHA. The claim shall not be used for foods targeting children)
- the maintenance of normal blood triglyceride levels (the claim may be used only for food which provide a daily intake of 2000mg EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2000mg of EPA and DHA. The claim shall not be used for foods targeting children)

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The benefits of macronutrients, vitamins and minerals

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)
- the maintenance of normal blood triglyceride levels
- (the claim may be used only for food which provides a daily intake of 2000mg of DHA and which contains DHA in combination with EPA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2000mg of DHA) The claim shall not be used for foods targeting children
- 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)
- DHA intake the normal visual development of infants up to 12 months of age. iInformation 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)