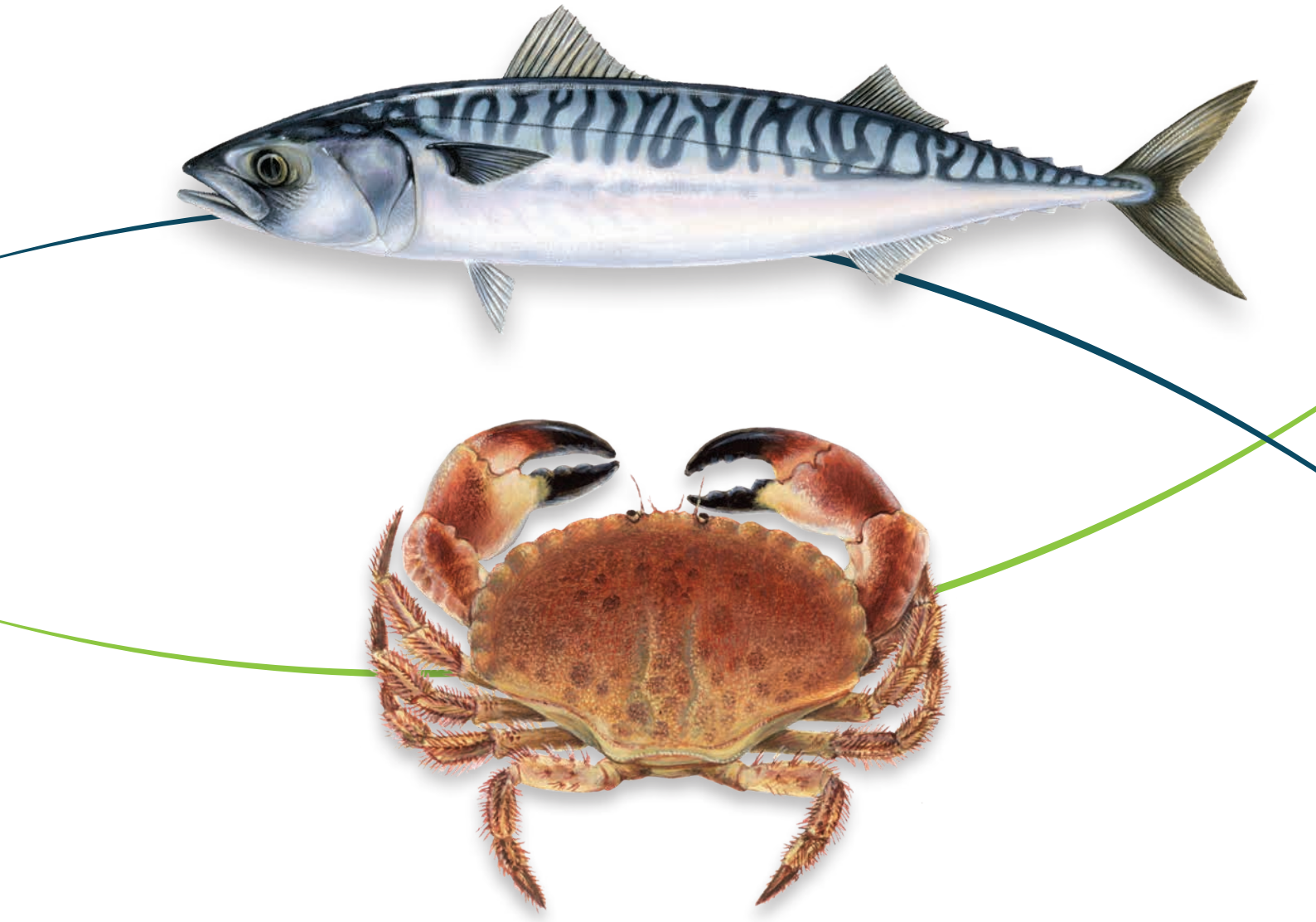
Bord Iascaigh Mhara

# Seafood Nutrition Handbook

A guide for seafood processors and retailers on the provision of nutrition and health claim information to consumers



BIM Ireland's Seafood Development Agency

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**Nutrition and Health Claims - Information for Various Fish and Shellfish**

## Introduction

This handbook was developed to assist seafood processors and retailers in providing information to consumers on the nutrition and health benefits of seafood. Key nutrients associated with different species are highlighted as well as the legally permitted nutrition and health claims that may be used. A number of examples on how this nutrition information can be presented are also included for each species.


## Acknowledgements

This handbook was developed by BIM in consultation with Sarah Keogh, consultant dietician and the Food Safety Authority of Ireland (FSAI).


## Disclaimer

The information given in this handbook is for guidance purposes only. It is based on information to hand and is subject to revision in light of further information or revised legislation. The information provided is not intended to be a definitive guide to, or a substitute for, the relevant law.

The reference source for all nutrition information is included with each product and original data source can be checked where appropriate.

If your business is designing new packaging or labels we recommend that you visit the Food Safety Authority of Ireland (FSAI)website **www.fsai.ie** for further information.

The responsibility for ensuring that labelling information is correct lies with the food business operator (FBO) and it is their responsibility to ensure that all current legislation is complied with. Independent legal advice should be sought where appropriate.

## Abbreviations and Definitions

**DHA**
Docosahexaenoic acid

**EFSA**
European Food Safety Authority

**EPA**
Eicosapentaenoic acid

**FIC**
Food Information to Consumers (Regulation (EU) no 1169/2011)

**FoP**
Front of Pack

**g**
gram

**µg**
microgram

**mg**
milligram

**RI**
Reference Intake

**USDA**
United States Department of Agriculture

## References


Regulation (EU) No 1169/2011 – on the provision of food information to consumers (FIC).

Regulation (EC) No 1924/2006 – on nutrition and health claims made on food.

Nutrition and Health Claims:
**https://www.fsai.ie/science_and_health/nutrition_and_health_claims.html**

Nutrition labelling:
**https://www.fsai.ie/legislation/food_legislation/food_information_fic/nutrition_labelling.html**

FSAI Information on Nutrition and Health Claims, August, 2019:
**www.fsai.ie**

EU Register of Nutrition and Health Claims made on Foods:
**http://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=register.home**

FSAI – Nutrition Information under FIC – "A summary of what FBOs must include in a nutrition declaration and other information they may include on a voluntary basis":
**https://www.fsai.ie/uploadedFiles/Summary%20of%20Nutrition%20Labelling%20Rules.pdf**

Nutrient Data for seafood obtained from Nutritics:
**https://www.nutritics.com/p/home**

Nutrient Data for seafood obtained from McCance and Widdowson:
***Fish and Fish products.* Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.**

Omega-3 Data for seafood obtained from the USDA National Nutrient Database:
**https://fdc.nal.usda.gov/**

Section A

# Nutrition and Health Claims – Overview

# 1 Legislation

Nutrition labelling became mandatory for almost all prepacked foods on 13th December 2016 under Regulation (EU) No. 1169/2011 on the provision of food information to consumers (FIC). There are a number of exemptions from this requirement including an exemption for unprocessed foods that comprise of a single ingredient or category of ingredients. However, if a nutrition or health claim is made this exemption no longer applies.

The requirements in relation to nutrition and health claims are outlined in Regulation (EC) 1924/2006. The regulation also applies to nutrition and health claims made in commercial communications (whether in the labelling, presentation or advertising) of the food to be delivered to the final consumer. This includes foods:

- Placed on the market unpacked or supplied in bulk
- Intended for supply to restaurants, hospitals, schools, canteens and similar mass caterers.

Regulation (EU) No. 1169/2011 defines food information as *"information concerning a food and made available to the final consumer by means of a label, other accompanying material, or any other means including modern technology tools or verbal communication".*

Food information must be accurate, clear and easy to understand for the consumer.

Food information shall not be misleading, particularly:

**(a)** as to the characteristics of the food and, in particular, as to its nature, identity, properties, composition, quantity, durability, country of origin or place of provenance, method of manufacture or production;
**(b)** by attributing to the food effects or properties which it does not possess;
**(c)** by suggesting that the food possesses special characteristics when in fact all similar foods possess such characteristics, in particular by specifically emphasising the presence or absence of certain ingredients and/or nutrients.

# 2 Highlighting the Benefits of Seafood

Seafood is a rich source of a variety of key nutrients and many species are high in protein, low in fat and saturated fat and all are good sources of vitamin B12. Oil rich fish are also a key source of omega-3 fats that are important for our health.

## 2.1 Types of Claims

When labelling or talking about seafood and nutrition there are two types of claims that may be permitted provided certain conditions are met. They are:

**i.** Nutrition Claims
**ii.** Health Claims

## 2.2 Nutrition Claims

Regulation (EC)1924/2006 defines a nutrition claim as any claim which states, suggests or implies that a food has particular beneficial nutritional property due to:

**a.** The energy (calorific value) it
  **i.** provides
  **ii.** provides at a reduced or increased rate; or
  **iii.** does not provide; and or

**b.** The nutrients or other substances it
  **i.** contains
  **ii.** contains in reduced or increased proportions;
  **iii.** does not contain

Regulation No (EU)1169/2011 defines nutrient as:

- Protein
- Carbohydrate
- Fat
- Fibre
- Sodium
- Vitamins and minerals listed in point 1 of Part A of Annex XIII to this Regulation and substances which belong to or are components of one of those categories

The only nutrition claims that may be used are those listed in the annex to Regulation 1924/2006. These are also available on the European Commission website at:

**https://ec.europa.eu/food/safety/labelling_nutrition/claims/nutrition_claims_en**

Conditions for use of these nutritional claims are also specified in Regulation 1924/2006.

## 2.3 Health Claims

Regulation (EC)1924/2006 defines a health claim as: *"any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health".*

The only health claims that may be used are those authorised by the European Food Safety Authority (EFSA) and listed on the European Commission website at:

**https://ec.europa.eu/food/safety/labelling_nutrition/claims/health_claims_en**

Conditions for the use of the health claim and any restrictions for use are also specified. When using a health claim, it must also be stated that the food is to be consumed as part of a balanced diet and healthy lifestyle. Example: "Vitamin B contributes to the reduction of tiredness and fatigue".

### Flexibility on wording of Health Claims

The wording used when making a health claim has been set by the EU Commission. It is recommended that the exact wording on the permitted claims list is used. However, some flexibility is possible to help consumer understanding. If the exact wording is not used, the adapted wording must have the same meaning as the authorised wording and must not exaggerate the authorised claim. If the term "normal" appears in the authorised wording it should be retained if the wording is adapted.

For more information on flexibility of wording for health claims, see FSAI Information on Nutrition and Health Claims August 2019.

## 2.4 General Information on Health and Nutrition Claims

Health and Nutrition Claims should not:

- Be false or misleading
- Give rise to doubt about the safety and/or nutrition adequacy of other foods
- Encourage or condone excess consumption of a food
- State, suggest or imply that a properly balanced and varied diet cannot provide adequate quantities of nutrients
- In general, refer to changes in bodily function that could give rise to, or exploit fear in the consumer either textually or through pictorial, graphic or symbolic representation (Article 3 of Regualtion 1924/2006)
- Attribute to any foodstuff the property of preventing, treating or curing a human disease, or referring to such properties (Article 7(3) of Regulation 1169/2011).

**Claims that could mislead consumers are prohibited.**

## 2.5 Conditions for Making Health or Nutrition Claims

In order to make a claim, the following conditions must be fulfilled:

- The substances for which a claim is made, must be shown to have beneficial nutritional or physiological effects established by generally accepted scientific principles
- The beneficial nutrient or substance for which the claim is made, is present in the final product in a significant quantity
    - the nutrient or substance for which the claim is made is in a form that is 'available for use by the body'(bioavailable)
    - the claimed beneficial effect has to be provided by a 'reasonable quantity of the consumed product'. This means that an adequate amount of the active nutrient or substance has to be present in a reasonable amount of the food product
    - if the claimed beneficial effect is due to the absence or reduction of a nutrient or substance, then the nutrient or substance should be absent or reduced to the extent that produces the nutritional or physiological effect claimed
- The average consumer should understand the beneficial effects expressed in the claim
- The claim refers to the food ready for consumption according to the manufacturer's instructions
- The claim complies with the specific conditions for nutrition claims and health claims (as outlined in outlined in Regulation 1924/2006).

## 2.6 Potential Nutrition Claims for Seafood

Table 1 below provides examples of permitted nutrition claims that may be relevant for certain fish. It also outlines the amount of the nutrient that must be present in the product in order to make a nutrition claim. The amount of the nutrient present will vary for different species therefore this will need to be checked before making a specific claim.

The amount of the nutrient that must be present relates to seafood that is ready for consumption i.e. cooked unless it is to be consumed raw e.g. sashimi.

Clear preparation instructions such as cooking, or reheating must be provided when making a nutrition claim unless the product is sold ready-to-eat.

**Examples of permitted nutrition claims that may be relevant for seafood**

| NUTRIENT | CLAIM | CRITERIA FOR CLAIM (REFERS TO SEAFOOD READY FOR CONSUMPTION) |
|---|---|---|
| Protein | Naturally high in protein/ High in protein | 20% of calories of the food must come from protein |
| | Natural source of protein/ Source of protein | 12% of calories must come from protein |
| Vitamins and Minerals | Naturally high in (name of vitamin or mineral)/ High in (name of vitamin or mineral) | 30% of the Reference Intake (RI) of the vitamin or mineral |
| | Natural source of (name of vitamin or mineral) Source of (name of vitamin or mineral) | 15% of the Reference Intake (RI) of the vitamin or mineral |
| Omega-3 | Naturally high in omega-3 fatty acids/ High in omega-3 fatty acids | The product contains: at least 0.6g alpha-linolenic acid per 100g and per 100kcal, or at least 80mg of the **sum of** eicosapentaenoic acid and docosahexaenoic acid per 100g and per 100kcal. |
| | Natural source of omega-3 fatty acids/ Source of omega-3 fatty acids | The product contains: at least 0.3g alpha-linolenic acid per 100g and per 100kcal, or at least 40mg of the **sum of** eicosapentaenoic acid and docosahexaenoic acid per 100g and per 100kcal. |

**Note:** The word natural can only be used when the food "naturally" meets the conditions for making the claim. In this case the word natural or naturally can be used as an option when making the claim e.g. Cod: "High in protein" or "Naturally high in protein".

## How to use Nutrition Claims

1. Check that the seafood meets the criteria to make a particular nutrition claim.
2. Put the claim on the label e.g. *"Cod is naturally high in protein"*. Remember: this claim must be based on the nutrition in the seafood that is ready for consumption even though you may be selling a raw product.
3. Put the nutrition table on the pack listing the nutrition in the product ready for consumption (when prepared in accordance with the manufacturer's instructions).
4. Include the preparation instructions.

## 2.7 Potential Health Claims for Seafood

Table 2 below lists health claims that can potentially be used when labelling and talking about the nutrition in seafood. Different seafood are sources of different nutrients so the levels of the nutrient present in the seafood needs to be checked before making a specific claim.

As with nutrition claims, health claims can only relate to the seafood that is ready for consumption i.e. cooked unless it is to be consumed raw e.g. sashimi.

Clear preparation instructions must be provided when making a nutrition claim unless the product is sold ready-to-eat.

**Examples of permitted health claims that may be relevant to certain seafood**

| NUTRIENT | HEALTH CLAIM | CONDITIONS OF USE |
|---|---|---|
| **Protein** | Protein contributes to a growth in muscle mass | 12% of the energy value of food must be provided by protein to make these claims. |
| | Protein contributes to the maintenance of muscle mass | |
| | Protein contributes to the maintenance of normal bones | |
| **Vitamin A** | Vitamin A contributes to normal iron metabolism | 100g of food must provide at least 120µg of vitamin A to make these claims. |
| | Vitamin A contributes to the maintenance of normal skin | |
| | Vitamin A contributes to the maintenance of normal vision | |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus | 100g of food must provide at least 0.8µg of vitamin D to make these claims. |
| | Vitamin D contributes to the maintenance of normal bones | |
| | Vitamin D contributes to the maintenance of normal teeth | |
| | Vitamin D contributes to normal blood calcium levels | |
| | Vitamin D contributes to the normal function of the immune system | |
| **Vitamin E** | Vitamin E contributes to the protection of cells from oxidative stress | 100g of food must provide at least 1.8mg of vitamin E to make this claim. |
| **Vitamin B1** (Thiamine) | Thiamine contributes to normal energy-yielding metabolism | 100g of food must provide at least 0.2mg of thiamine to make this claim. |
| | Thiamine contributes to normal functioning of the nervous system | |
| | Thiamine contributes to normal psychological function | |
| | Thiamine contributes to the normal function of the heart | |

| NUTRIENT | HEALTH CLAIM | CONDITIONS OF USE |
|---|---|---|
| **Vitamin B2** (Riboflavin) | Riboflavin contributes to normal energy-yielding metabolism | 100g of food must contain at least 0.2mg of riboflavin to make this claim. |
| | Riboflavin contributes to normal functioning of the nervous system | |
| | Riboflavin contributes to the maintenance of normal mucus membranes | |
| | Riboflavin contributes to the maintenance of normal red blood cells | |
| | Riboflavin contributes to the maintenance of normal skin | |
| | Riboflavin contributes to the maintenance of normal vision | |
| | Riboflavin contributes to the normal metabolism of iron | |
| | Riboflavin contributes to the protection of cells from oxidative stress | |
| | Riboflavin contributes to the reduction of tiredness and fatigue | |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function | 100g of food must contain at least 2.4mg of niacin to make these claims. |
| | Niacin contributes to normal energy-yielding metabolism | |
| | Niacin contributes to normal functioning of the nervous system | |
| | Niacin contributes to the maintenance of normal mucous membranes | |
| | Niacin contributes to the maintenance of normal skin | |
| | Niacin contributes to the reduction of tiredness and fatigue | |
| **Pantothenic Acid** (Vitamin B5) | Pantothenic Acid contributes to a reduction in tiredness and fatigue | 100g of food must contain at least 1mg of pantothenic acid to make these claims. |
| | Pantothenic Acid contributes to normal mental performance | |
| | Pantothenic Acid contributes to normal energy-yielding metabolism | |

| NUTRIENT | HEALTH CLAIM | CONDITIONS OF USE |
|---|---|---|
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism | 100g of food must contain at least 0.2mg of vitamin B6 to make these claims. |
| | Vitamin B6 contributes to normal cysteine synthesis | |
| | Vitamin B6 contributes to normal functioning of the nervous system | |
| | Vitamin B6 contributes to normal homocysteine metabolism | |
| | Vitamin B6 contributes to normal psychological function | |
| | Vitamin B6 contributes to normal red blood cell formation | |
| | Vitamin B6 contributes to normal function of the immune system | |
| | Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue | |
| | Vitamin B6 contributes to the regulation of hormonal activity | |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism | 100g of food must contain at least 0.4µg of vitamin B12 to make these claims. |
| | Vitamin B12 contributes to normal functioning of the nervous system | |
| | Vitamin B12 contributes to normal homocysteine metabolism | |
| | Vitamin B12 contributes to normal psychological function | |
| | Vitamin B12 contributes to normal red blood cell formation | |
| | Vitamin B12 contributes to normal function of the immune system | |
| | Vitamin B12 contributes to the reduction of tiredness and fatigue | |
| | Vitamin B12 has a role in the process of cell division | |
| **Potassium** | Potassium contributes to normal functioning of the nervous system | 100g of food must contain at least 300mg of potassium to make these claims. |
| | Potassium contributes to normal muscle function | |
| | Potassium contributes to maintenance of normal blood pressure | |

| NUTRIENT | HEALTH CLAIM | CONDITIONS OF USE |
|---|---|---|
| Phosphorus | Phosphorus is needed for the normal growth and development of bone in children | 100g of food must contain at least 105mg of phosphorus to make these claims. |
| | Phosphorus contributes to normal energy-yielding metabolism | |
| | Phosphorus contributes to normal function of cell membranes | |
| | Phosphorus contributes to the maintenance of normal bones | |
| | Phosphorus contributes to the maintenance of normal teeth | |
| Zinc | Zinc contributes to normal carbohydrate metabolism | 100g of food must contain at least 1.6mg of zinc to make these claims. |
| | Zinc contributes to normal DNA synthesis | |
| | Zinc contributes to normal acid-base metabolism | |
| | Zinc contributes to normal cognitive function | |
| | Zinc contributes to normal fertility and reproduction | |
| | Zinc contributes to normal macronutrient metabolism | |
| | Zinc contributes to normal protein synthesis | |
| | Zinc contributes to the maintenance of normal bones | |
| | Zinc contributes to the maintenance of normal hair | |
| | Zinc contributes to the maintenance of normal nails | |
| | Zinc contributes to the maintenance of normal skin | |
| | Zinc contributes to the maintenance of normal testosterone levels in the blood | |
| | Zinc contributes to the maintenance of normal vision | |
| | Zinc contributes to the protection of cells from oxidative stress | |
| | Zinc has a role in the process of cell division | |
| | Zinc contributes to the normal function of the immune system | |

| NUTRIENT | HEALTH CLAIM | CONDITIONS OF USE |
|---|---|---|
| **Selenium** | Selenium contributes to the maintenance of normal hair | 100g of food must contain at least 8.2µg of selenium to make these claims. |
| | Selenium contributes to normal spermatogenesis | |
| | Selenium contributes to the maintenance of normal nails | |
| | Selenium contributes to the normal function of the immune system | |
| | Selenium contributes to the normal thyroid function | |
| | Selenium contributes to the protection of cells from oxidative stress | |
| | Selenium contributes to the normal function of the immune system | |
| **Copper** | Copper contributes to maintenance of normal connective tissues | 100g of food must contain at least 0.2mg of copper to make these claims. |
| | Copper contributes to normal energy-yielding metabolism | |
| | Copper contributes to normal functioning of the nervous system | |
| | Copper contributes to normal hair pigmentation | |
| | Copper contributes to normal iron transport in the body | |
| | Copper contributes to normal skin pigmentation | |
| | Copper contributes to the normal function of the immune system | |
| | Copper contributes to the protection of cells from oxidative stress | |
| **Iodine** | Iodine contributes to normal cognitive function | 100g of food must contain at least 22.6µg of iodine to make these claims. |
| | Iodine contributes to normal energy-yielding metabolism | |
| | Iodine contributes to normal functioning of the nervous system | |
| | Iodine contributes to the maintenance of normal skin | |
| | Iodine contributes to the normal production of thyroid hormones and normal thyroid function | |

| NUTRIENT | HEALTH CLAIM | CONDITIONS OF USE |
|---|---|---|
| **Iron** | Iron contributes to normal cognitive function | 100g of food must contain at least 2.2mg of iron to make these claims. |
| | Iron contributes to normal energy-yielding metabolism | |
| | Iron contributes to normal formation of red blood cells and haemoglobin | |
| | Iron contributes to normal oxygen transport in the body | |
| | Iron contributes to normal function of the immune system | |
| | Iron contributes to the reduction of tiredness and fatigue | |
| | Iron has a role in the process of cell division | |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function | 40mg of DHA must be present per 100g and per 100kcal of food. |
| | 250mg of DHA per day contributes to the maintenance of normal vision | |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart | 15% of the reference intake of EPA/DHA must be present in the food. |

## How to Use Health Claims

1. Check that the seafood meets the criteria to make a particular health claim.
2. Put the claim on the label. Remember: this claim must be based on the nutrition in the seafood that is ready for consumption even though you may be selling a raw product.
3. Include a statement indicating the importance of a varied diet and balanced lifestyle.
4. Include a statement that the amount of the food or the pattern of consumption required to obtain the beneficial effect.
5. Some claims also have particular conditions of use which are specific for that claim. Authorised health claims can only be used provided that they comply with the particular conditions of use of the authorised claim and with the principles and requirements of Regulation (EC) No 1924/2006.

# 3 Presentation of Nutrition Information

## 3.1 What products must include nutritional information on their label?

Under the Food Information to Consumers (FIC) Regulation, nutrition declaration became mandatory for most prepacked foods.

Unless a nutrition or health claim is made, the following are exempt from the requirement to include a nutrition declaration:

- Unprocessed products that comprise a single ingredient or category of ingredients
- Processed products where the only process they have been subjected to is maturing and that comprises a single ingredient or category of ingredients

Details of other exemptions including water, herbs and salt are included in Annex V to Regulation (EU) No 1169/2011.

Products sold loose do not require a nutrition declaration (unless a nutrition or health claim is made).

## 3.2 Should the information given relate to the seafood as sold or Ready-to-Eat?

In general, the nutrition information should be given for the food as sold.

Where appropriate the information may relate to the food after preparation, provided that sufficiently detailed preparation instructions are given, and the information relates to the food as prepared for consumption.

When making a nutrition or health claim, this must relate to the food ready for consumption, therefore in this case the information in the nutrition table should be based on the food ready for consumption as per manufacturer's instructions.

## 3.3 How must the nutrition information be presented?

Nutrition information must be presented in tabular format with the numbers aligned. Where space does not permit, the declaration may appear in linear format. The energy value must be expressed in Kilo Joules (kJ) and Kilo Calories (kcal) and the amount of the nutrients must be expressed in grams (g).

All elements of the nutrition declaration must be included in the same field of vision. They must be presented together in a clear format and, where appropriate, in the order of presentation provided for in Annex XV to FIC.

**Note:** When including information on omega-3 fatty acids, this information must be given in close proximity to the nutrition table (but not in the table).

**The FSAI have produced the following Summary:**

**Nutrition Information under FIC***

*- A summary of what FBOs **must** include in a nutrition declaration and other information they may include on a **voluntary** basis*


**The minimum mandatory information that must be included**

| Typical values | Per 100g/ml |
|---|---|
| Energy | kJ/kcal |
| Fat<br>of which saturates | g<br>g |
| Carbohydrates<br>of which sugars | g<br>g |
| Protein | g |
| Salt | g |

**The Mandatory Rules**

- Nutrients must be set out in the order shown in the table
- Information must be given per **100g/ml** of food
- Energy must be given in the order of kJ/kcal
- All other nutrients must be given in g
- If the energy value or a nutrient is present in negligible amounts, the statement "**contains negligible amounts of …**" must be in close proximity to the nutrition declaration
- If a product contains no added salt, a statement indicating that the salt content is exclusively due to the presence of naturally occurring sodium may appear in close proximity to the nutrition declaration


**The declaration can be expanded by adding one or more of the supplementary nutrients**

| Typical values | Per 100g/ml |
|---|---|
| Energy | kJ/kcal |
| Fat<br>of which saturates<br>monounsaturates<br>polyunsaturates | g<br>g<br>g<br>g |
| Carbohydrates<br>of which sugars<br>polyols<br>starch | g<br>g<br>g<br>g |
| Fibre | g |
| Protein | g |
| Salt | g |
| Vitamins and minerals | Units specified in Annex XIII and % RI |

**The Supplementary Rules**

- The nutrients highlighted in red are the only ones that can be added to the declaration
- If added, they must be in the order shown; declaring one of the supplementary nutrients does not mean you have to declare them all
- Vitamins and minerals can only be included if they are listed in Annex XIII of FIC and present in significant amounts
- Vitamins and minerals must be declared in the units specified in Annex XIII and must declare the percentage of the reference intake (%RI) per 100g
- Once the mandatory and supplementary nutrients are declared, no other nutrients can be added as it is now a **closed list**
- If authorised nutrition claims are made for other nutrients, the amounts of those nutrients must be declared **close to but not in the table**

**** Regulation 1169/2011 on the provision of food information to consumers***


**Extra information can be added to the mandatory declaration in the form of per portion or consumption unit and/or % RI**

**Example of per portion/per consumption unit**

| Typical values | Per 100g | Per portion * (2 biscuits) | Per biscuit** |
|---|---|---|---|
| Energy | 2065kJ 495kcal | 640kJ 160kcal | 320kJ 80kcal |
| Fat of which saturates | 22.3g 10.0g | 6.8g 3.0g | 3.4g 1.5g |
| Carbohydrates of which sugars | 64.6g 18.8g | 20.0g 5.8g | 10.0g 2.9g |
| Protein | 6.7g | 2.0g | 1.0g |
| Salt | 1.0g | 0.4g | 0.2g |

***This pack contains 10 portions**
****This pack contains 20 biscuits**

**Example of %RI per 100g**

| Typical values | Per 100g | % RI per 100g |
|---|---|---|
| Energy | 823kJ 195kcal | 10% |
| Fat of which saturates | 2.6g 0.3g | 4% 2% |
| Carbohydrates of which sugars | 37.5g 1.6g | 14% 2% |
| Protein | 4.5g | 9% |
| Salt | 0.54g | 9% |

**Reference intake of average adult (8400kJ/2000kcal)**

## The Rules for Per Portion/Consumption

- This information can be provided **as well of but not instead of per 100g/ml**
- The FBO is responsible for deciding the size of a portion/consumption unit
- If an FBO chooses to provide nutrition information per portion, the pack must give a clear indication of the portion size and the number of portions in the pack
- If an FBO chooses to provide nutrition information per consumption unit, the pack must give a clear indication of the number of units in the pack

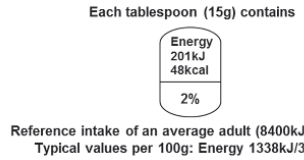
## The Rules for %RI

- %RI can be given per 100g/ml, per portion/consumption unit or both
- If %RIs are given for the mandatory nutrients they must be based on the reference intakes in Annex XIII - Part B
- If %RIs are given for the mandatory nutrients, the statement **"reference intake of average adult (8400kJ/2000kcal)"** must appear in close proximity

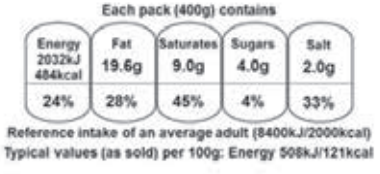

**Some mandatory nutrients can be voluntarily repeated on the Front of Pack (FoP)**

**Examples of FoP information**

**Energy only**




**Energy +4**




## The Rules for FoP

- FoP nutrition information can be declared as energy only or energy plus fat, saturates, sugar and salt (energy + 4)
- **Energy must be always declared as kJ/kcal per 100g/ml and may also be given per portion**
- Fat, saturates, sugar and salt can be declared per portion only, provided that the portion size and number of portions in the pack are clearly indicated and understandable to the consumer
- The information can also be declared as %RI per 100g/ml or per portion, provided that the statement **"reference intake of an average adult (8400kJ/2000kcal)"** appears on the pack
- Nutrition information repeated on the FoP does not have to be in the same format as in the main declaration

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**Available at: https://www.fsai.ie/uploadedFiles/Summary%20of%20Nutrition%20Labelling%20Rules.pdf**

Section B

# Nutrition and Health Claims – Information for Various Fish and Shellfish

# 1 **Cod** *Gadus morhua*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Iodine, Selenium, Potassium, Phosphorus.

## 1.1 Nutrition Claims for Cod

The following nutrition claims may be made for baked cod:

| NUTRIENT | NUTRITION CLAIMS FOR COD |
|---|---|
| **Protein** | Naturally high in protein/High in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Salt** | Naturally low in salt/Low in salt |
| **Saturated fat** | Naturally low in saturated fat/Low in saturated fat |
| **Vitamin B12** | Naturally high in vitamin B12/High in vitamin B12 |
| **Potassium** | A natural source of potassium/Source of potassium |
| **Phosphorus** | A natural source of phosphorus/Source of phosphorous |
| **Iodine** | Naturally high in iodine/High in iodine |
| **Selenium** | Naturally high in selenium/High in selenium |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 1.2 Health Claims for Cod

The following health claims may be made for baked cod. If you use a health claim you must list the amount of the nutrient present and the percentage of the RI (in the case of vitamins and minerals) on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR COD |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR COD |
|---|---|
| **Phosphorus** | Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones<br>Phosphorus contributes to the maintenance of normal teeth |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal function of the immune system<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress |
| **Iodine** | Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin<br>Iodine contributes to the normal production of thyroid hormones and normal thyroid function |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 1.3 Nutrition Labels for Cod – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Cod – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| COD | PER 100g RAW |
|---|---|
| **Energy** | 320kJ/75kcal |
| **Fat**<br>of which saturates | 0.6g<br>0.16g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 17.5g |
| **Salt** | 0.23g |

### Example 2: Cod – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| COD | PER 100g RAW |
|---|---|
| Energy | 320kJ/75kcal |
| Fat<br>of which saturates | 0.6g<br>0.16g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 17.5g |
| Salt | 0.23g |
| Potassium | 322mg (16% RI) |
| Phosphorus | 169mg (24%RI) |
| Vitamin B12 | 1.5µg (60% RI) |
| Iodine | 196µg (131% RI) |
| Selenium | 23µg (42% RI) |

**Contains 300mg omega-3 fatty acids per 100g (omega-3-EPA: 100mg, omega 3-DHA: 200mg).**

### Example 3: Cod – Baked

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claims is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when baked, include baking instructions.

| COD | PER 100g BAKED |
|---|---|
| Energy | 425kJ/100kcal |
| Fat<br>of which saturates | 0.5g<br>0.1 |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 23.9g |
| Salt | 0.23g |

### Example 4: Cod – Baked (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when baked, include baking instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| COD | PER 100g BAKED |
|---|---|
| Energy | 425kJ/100kcal |
| Fat<br>of which saturates | 0.5g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 23.9g |
| Salt | 0.23g |
| Potassium | 367mg (18% RI) |
| Phosphorus | 189mg (27%RI) |
| Vitamin B12 | 1.9µg (76% RI) |
| Iodine | 161µg (107% RI) |
| Selenium | 44µg (80% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Cod Nutrition Data Reference:

Nutritics, December 2019.

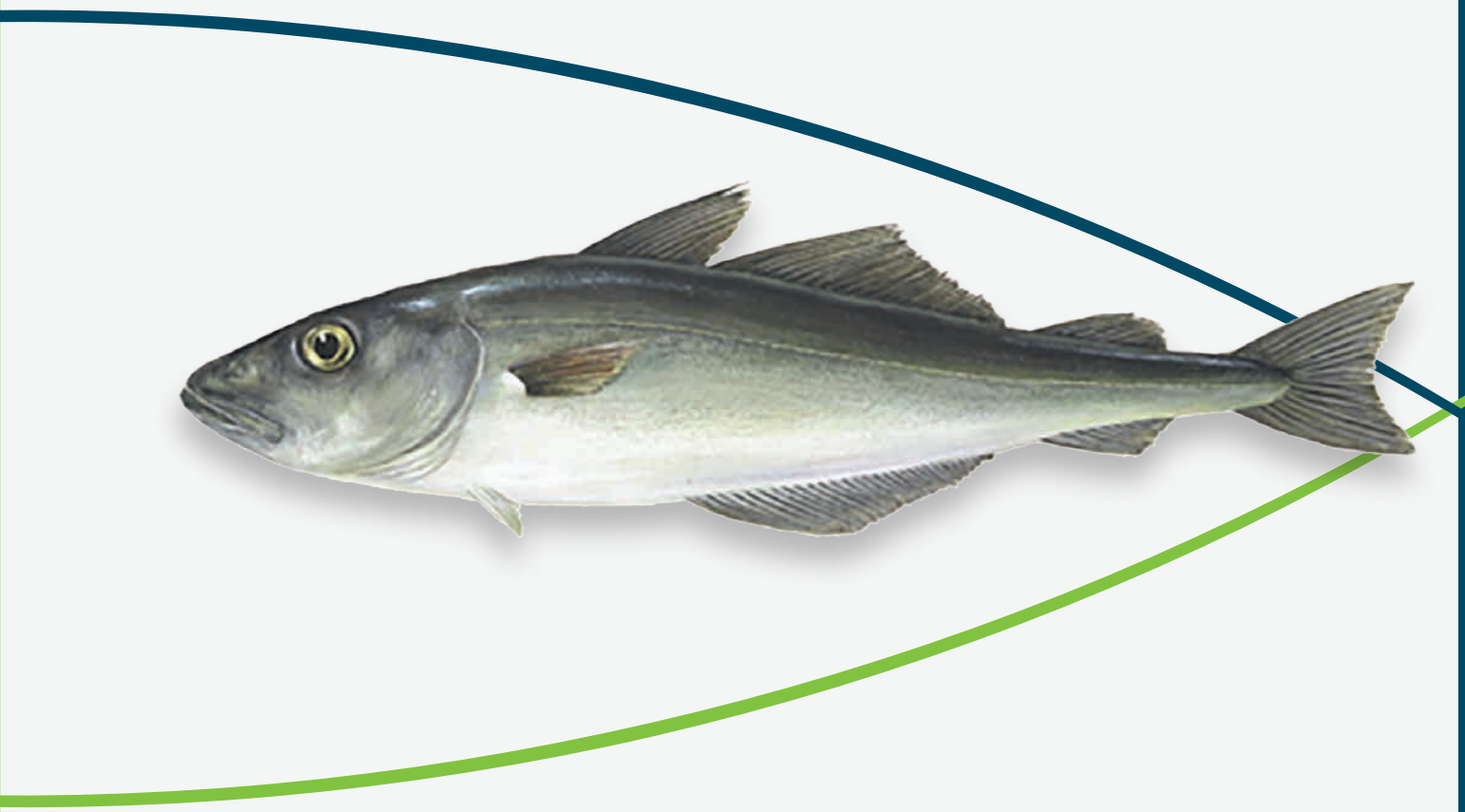
### Omega-3 Values Source:

*Fish and Fish products*. Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.

# 2 **Coley** *Pollachius virens*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B1 (Thiamin), Vitamin B3 (Niacin), Vitamin B6, Potassium, Phosphorus, Selenium, Iodine.



## 2.1 Nutrition Claims for Coley

The following nutrition claims may be made for coley:

| NUTRIENT | NUTRIENT CLAIM FOR COLEY |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B1** (Thiamin) | Source of thiamin/A natural source of thiamin |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B6** | Source of vitamin B6/A natural source of vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | High in iodine/Naturally high in iodine |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 2.2 Health Claims for Coley

The following health claims may be made for coley. If you use a health claim you must list the amount of the nutrient and the percentage of the RI (in the case of vitamins and minerals) on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR COLEY |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B1** (Thiamine) | Thiamine contributes to normal energy-yielding metabolism<br>Thiamine contributes to normal functioning of the nervous system<br>Thiamine contributes to normal psychological function<br>Thiamine contributes to the normal function of the heart<br>Thiamine contributes to normal energy-yielding metabolism |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR COLEY |
|---|---|
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 2.3 Nutrition Labels for Coley- Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Coley- Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| COLEY | PER 100g RAW |
|---|---|
| Energy | 347kJ/82kcal |
| Fat<br>of which saturates | 1.1g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 18g |
| Salt | 0.17g |

### Example 2: Coley- Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no when health or nutrition claims are made.

| COLEY | PER 100G RAW |
|---|---|
| Energy | 347kJ/82kcal |
| Fat<br>of which saturates | 1.1g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 18g |
| Salt | 0.17g |
| Phosphorus | 171mg (24% RI) |
| Selenium | 33µg (60% RI) |
| Iodine | 111µg (74% RI) |
| Potassium | 303mg (15% RI) |
| Vitamin B1 (Thiamin) | 0.23mg (21% RI) |
| Vitamin B3 (Niacin) | 6.3mg (39% RI) |
| Vitamin B6 | 0.27mg (19% RI) |
| Vitamin B12 | 3.5µg (140% RI) |

**Contains 300mg omega-3 fatty acids per 100g (omega-3-EPA: 100mg, omega 3-DHA: 200mg)**

### Example 3: Coley- Steamed

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when steamed, include steaming instructions.

| COLEY | PER 100G STEAMED |
|---|---|
| Energy | 443kJ/105kcal |
| Fat<br>of which saturates | 1.4g<br>0.3g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 23g |
| Salt | 0.22g |

### Example 4: Coley- Steamed (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when steamed, include steaming instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| COLEY | PER 100G STEAMED |
|---|---|
| **Energy** | 443kJ/105kcal |
| **Fat**<br>of which saturates | 1.4g<br>0.3g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 23g |
| **Salt** | 0.22g |
| **Phosphorus** | 218mg (31% RI) |
| **Selenium** | 42µg (76% RI) |
| **Iodine** | 142µg (95% RI) |
| **Potassium** | 387mg (19% RI) |
| **Vitamin B1** (Thiamin) | 0.26mg (24% RI) |
| **Vitamin B3** (Niacin) | 7.7mg (48% RI) |
| **Vitamin B6** | 0.34mg (24% RI) |
| **Vitamin B12** | 4.4µg (176% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Coley Nutrition Data Reference:

Nutritics March 2020.

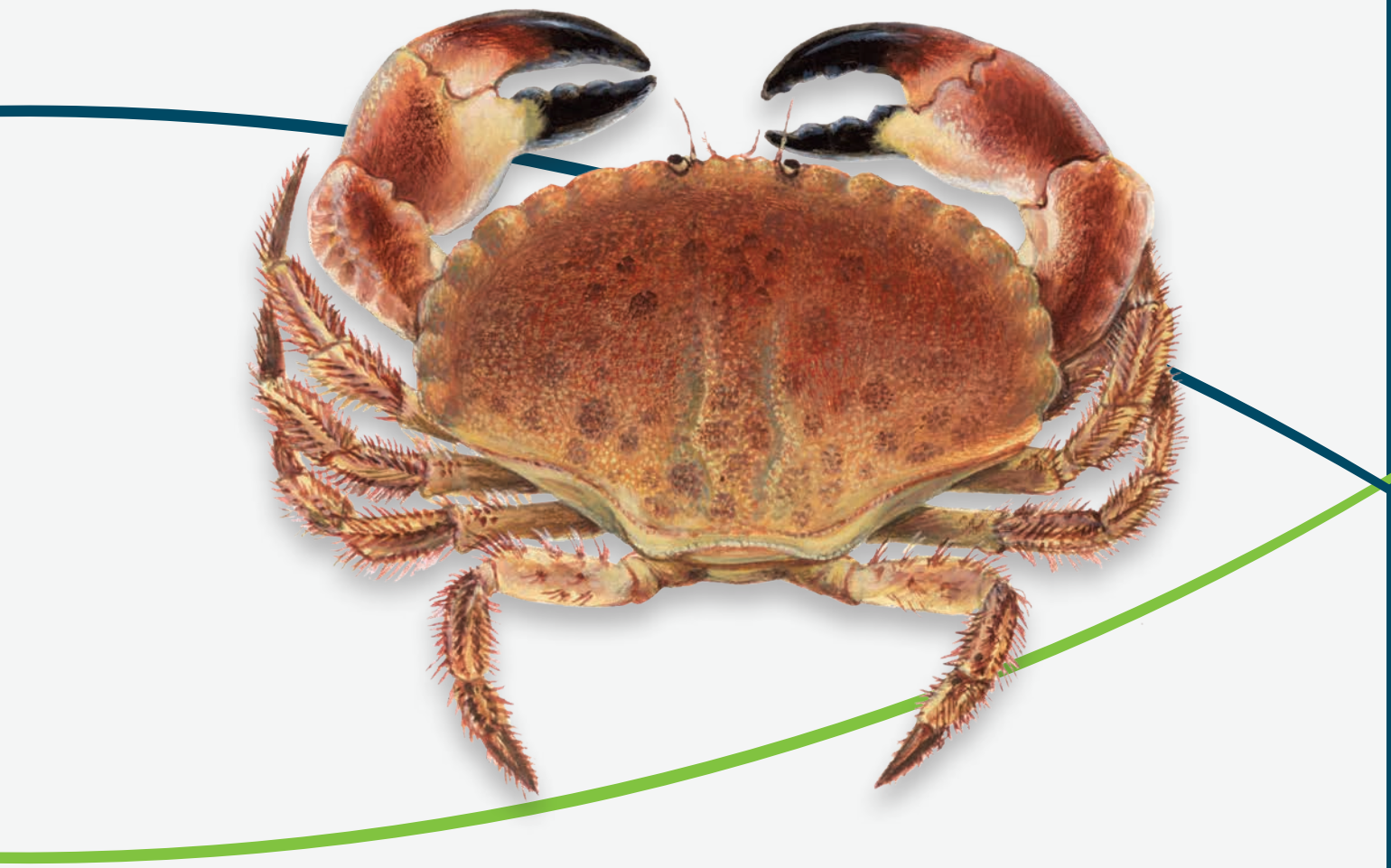
### Omega-3 Values Source:

*Fish and Fish products*. Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.

# 3 **Crab** *Cancer pagurus*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Pantothenic Acid (Vitamin B5), Vitamin E, Phosphorus, Selenium, Iodine, Zinc, Copper.



## 3.1 Nutrition Claims for Crab

| NUTRIENT | WHITE CRABMEAT (COOKED) (INCLUDING CRAB CLAWS) NUTRITION CLAIMS FOR CRAB | BROWN CRABMEAT (COOKED) NUTRITION CLAIMS FOR CRAB |
|---|---|---|
| **Protein** | High in protein/Naturally high in protein | High in protein/Naturally high in protein |
| **Vitamin B2** (Riboflavin) | Source of riboflavin/A natural source of riboflavin | High in riboflavin/Naturally high in riboflavin |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin | High in niacin/Naturally high in niacin |
| **Vitamin B5** (Pantothenic acid) | High in pantothenic acid/Naturally high in pantothenic acid | Source of pantothenic acid/ Natural source of pantothenic acid |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin E** | Source of vitamin E/Natural source of vitamin E | High in vitamin E/Naturally high in vitamin E |
| **Phosphorus** | Source of phosphorus/Natural source of phosphorus | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium | High in selenium/Naturally high in selenium |
| **Zinc** | High in zinc/Naturally high in zinc | High in zinc/Naturally high in zinc |
| **Copper** | High in copper/Naturally high in copper | High in copper/Naturally high in copper |
| **Iodine** | High in iodine/Naturally high in iodine | High in iodine/Naturally high in iodine |
| **Omega-3** | High in omega-3/Naturally high in omega-3 | High in omega-3/Naturally high in omega-3 |

## 3.2 Health Claims for Crab

The following health claims may be made for Crab. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR CRAB |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B2** (Riboflavin) | Riboflavin contributes to normal energy-yielding metabolism<br>Riboflavin contributes to normal functioning of the nervous system<br>Riboflavin contributes to the maintenance of normal mucus membranes<br>Riboflavin contributes to the maintenance of normal red blood cells<br>Riboflavin contributes to the maintenance of normal skin<br>Riboflavin contributes to the maintenance of normal vision<br>Riboflavin contributes to the normal metabolism of iron<br>Riboflavin contributes to the protection of cells from oxidative stress<br>Riboflavin contributes to the reduction of tiredness and fatigue |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Pantothenic Acid** (Vitamin B5) | Pantothenic Acid contributes to the reduction of tiredness and fatigue<br>Pantothenic Acid contributes to normal mental performance<br>Pantothenic Acid contributes to normal energy-yielding metabolism |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR CRAB |
|---|---|
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Zinc** | Zinc contributes to normal carbohydrate metabolism<br>Zinc contributes to normal DNA synthesis<br>Zinc contributes to normal acid-base metabolism<br>Zinc contributes to normal cognitive function<br>Zinc contributes to normal fertility and reproduction<br>Zinc contributes to normal macronutrient metabolism<br>Zinc contributes to normal protein synthesis<br>Zinc contributes to the maintenance of normal bones<br>Zinc contributes to the maintenance of normal hair<br>Zinc contributes to the maintenance of normal nails<br>Zinc contributes to the maintenance of normal skin<br>Zinc contributes to the maintenance of normal testosterone levels in the blood<br>Zinc contributes to the maintenance of normal vision<br>Zinc contributes to the normal function of the immune system |
| **Copper** | Copper contributes to maintenance of normal connective tissues<br>Copper contributes to normal energy-yielding metabolism<br>Copper contributes to normal functioning of the nervous system<br>Copper contributes to normal hair pigmentation<br>Copper contributes to normal iron transport in the body<br>Copper contributes to normal skin pigmentation<br>Copper contributes to the normal function of the immune system<br>Copper contributes to the protection of cells from oxidative stress |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 3.3 Nutrition Labels for Crab – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Crab – Cooked

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when cooked, include cooking instructions.

| **CRAB** | **WHITE MEAT** (INCLUDING CRAB CLAWS) PER 100g COOKED | **BROWN MEAT** PER 100g COOKED |
|---|---|---|
| **Energy** | 360kJ/85kcal | 608kJ/145kcal |
| **Fat**<br>of which saturates | 0.3g<br>0g | 7.8g<br>1.3g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g | 0g<br>0g |
| **Protein** | 20.5g | 18.8g |
| **Salt** | 0.8g | 0.9g |

### Example 2: Crab – Cooked (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when cooked, include cooking instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| CRAB | WHITE MEAT (INCLUDING CRAB CLAWS) PER 100g COOKED | BROWN MEAT PER 100g COOKED |
|---|---|---|
| **Energy** | 360kJ/85kcal | 608kJ/145kcal |
| **Fat**<br>of which saturates | 0.3g<br>0g | 7.8g<br>1.3g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g | 0g<br>0g |
| **Protein** | 20.5g | 18.8g |
| **Salt** | 0.8g | 0.9g |
| **Phosphorus** | 147mg (21% RI) | 488mg (70% RI) |
| **Selenium** | 87µg (158% RI) | 225µg (409% RI) |
| **Iodine** | 103µg (69% RI) | 333µg (222% RI) |
| **Zinc** | 7.2mg (72% RI) | 5.9mg (59% RI) |
| **Copper** | 0.95mg (95%) | 2.5mg (250% RI) |
| **Riboflavin** (Vitamin B2) | 0.25mg (18% RI) | 1.5mg (107% RI) |
| **Niacin** (Vitamin B3) | 5mg (31% RI) | 7.4mg (46% RI) |
| **Pantothenic Acid** (Vitamin B5) | 2mg (33% RI) | 1.2mg (20% RI) |
| **Vitamin B12** | 3.4µg (136% RI) | 22.4µg (896% RI) |
| **Vitamin E** | 2.1mg (18% RI) | 7.3mg (61% RI) |

**Contains 1000mg omega-3 fatty acids per 100g (omega-3-EPA: 500mg, omega 3-DHA: 500mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Crab Nutrition Data Reference:

Nutritics, December 2019.

### Omega-3 Values Source:

*Fish and Fish products*. Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.

# 4 **Haddock** *Melanogrammus aeglefinus*

**Key Nutrients**

Protein, Vitamin B12, Vitamin B3 (Niacin), Vitamin B6, Potassium, Phosphorus, Selenium, Iodine, Omega-3.

## 4.1 Nutrition Claims for Haddock

The following nutrition claims may be made for Haddock:

| NUTRIENT | NUTRITION CLAIMS FOR HADDOCK |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Salt** | Low in salt/Naturally low in salt |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B6** | Source of vitamin B6/A natural source of vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | High in iodine/Naturally high in iodine |
| **Omega-3** | High in omega-3 fatty acids/Naturally high in omega-3 fatty acids |

## 4.2 Health Claims for Haddock

The following health claims may be made for Haddock. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR HADDOCK |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR HADDOCK |
|---|---|
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 4.3 Nutrition Labels for Haddock – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Haddock – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| HADDOCK | PER 100g RAW |
|---|---|
| **Energy** | 317kJ/75kcal |
| **Fat**<br>of which saturates | 0.4g<br>0.1g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 17.8g |
| **Salt** | 0.2g |

### Example 2: Haddock – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| HADDOCK | PER 100g RAW |
|---|---|
| **Energy** | 317kJ/75kcal |
| **Fat**<br>of which saturates | 0.4g<br>0.1g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 17.8g |
| **Salt** | 0.2g |
| **Phosphorus** | 163mg (23% RI) |
| **Selenium** | 34µg (62% RI) |
| **Iodine** | 320µg (213% RI) |
| **Potassium** | 315mg (16% RI) |
| **Niacin** (Vitamin B3) | 8mg (50% RI) |
| **Vitamin B6** | 0.3mg (21% RI) |
| **Vitamin B12** | 1.9µg (76% RI) |

**Contains 200mg omega-3 fatty acids per 100g (omega-3-EPA: 100mg, omega 3-DHA: 100mg)**

### Example 3: Haddock – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when grilled, include grilling instructions.

| HADDOCK | PER 100g GRILLED |
|---|---|
| Energy | 417kJ/98kcal |
| Fat<br>of which saturates | 0.3g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 23.9g |
| Salt | 0.2g |

### Example 4: Haddock – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| HADDOCK | PER 100g GRILLED |
|---|---|
| **Energy** | 417kJ/98kcal |
| **Fat**<br>of which saturates | 0.3g<br>0.1g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 23.9g |
| **Salt** | 0.2g |
| **Phosphorus** | 232mg (33% RI) |
| **Selenium** | 48µg (87% RI) |
| **Iodine** | 421µg (281% RI) |
| **Potassium** | 433mg (22% RI) |
| **Niacin** (Vitamin B3) | 8.3mg (52% RI) |
| **Vitamin B6** | 0.3mg (21% RI) |
| **Vitamin B12** | 2.4µg (96% RI) |

**Contains 159mg of omega-3 fatty acids per 100g (omega-3 EPA: 50mg; omega-3 DHA 109mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Haddock Nutrition Data Reference:

Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

### Omega-3 Values Source:

*Fish and Fish products*. Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.

# 5 **Hake** *Merluccius merluccius*

**Key Nutrients**
Protein, Phosphorus.

## 5.1 Nutrition Claims for Hake

The following nutrition claims may be made for Hake:

| NUTRIENT | NUTRITION CLAIMS FOR HAKE |
|---|---|
| **Protein** | Naturally high in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Salt** | Naturally low in salt |
| **Phosphorus** | Naturally high in phosphorus/High in phosphorus |

## 5.2 Health Claims for Hake

The following health claims may be made for Hake. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR HAKE |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |

## 5.3 Nutrition Labels for Hake - Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Hake – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| HAKE | PER 100g RAW |
|---|---|
| **Energy** | 387kJ/92kcal |
| **Fat**<br>of which saturates | 2.2g<br>0.3g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 18g |
| **Salt** | 0.3g |

### Example 2: Hake – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| HAKE | PER 100g RAW |
|---|---|
| Energy | 387kJ/92kcal |
| Fat<br>of which saturates | 2.2g<br>0.3g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 18g |
| Salt | 0.3g |
| Phosphorus | 190mg (27% RI) |

### Example 3: Hake – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when grilled, include grilling instructions.

| HAKE | PER 100g GRILLED |
|---|---|
| Energy | 477kJ/113kcal |
| Fat<br>of which saturates | 2.7g<br>0.4g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 22.2g |
| Salt | 0.3g |

### Example 4: Hake – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| HAKE | PER 100g GRILLED |
|---|---|
| Energy | 477kJ/113kcal |
| Fat<br>of which saturates | 2.7g<br>0.4g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 22.2g |
| Salt | 0.3g |
| Phosphorus | 240mg (34% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Hake Nutrition Data Reference:

Nutritics, December 2019.

# 6 **Herring** *Clupea harengus*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6, Vitamin D, Potassium, Phosphorus, Selenium, Iodine.

## 6.1 Nutrition Claims for Herring

The following nutrition claims may be made for Herring:

| NUTRIENT | NUTRITION CLAIMS FOR HERRING |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B2** (Riboflavin) | Source of riboflavin/A natural source of riboflavin |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B6** | Source of vitamin B6/A natural source of vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin D** | High in vitamin D/Naturally high in vitamin D |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | Source of iodine/Natural source of iodine |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 6.2 Health Claims for Herring

The following health claims may be made for Herring. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR HERRING |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR HERRING |
|---|---|
| **Vitamin B2** (Riboflavin) | Riboflavin contributes to normal energy-yielding metabolism<br>Riboflavin contributes to normal functioning of the nervous system<br>Riboflavin contributes to the maintenance of normal mucus membranes<br>Riboflavin contributes to the maintenance of normal red blood cells<br>Riboflavin contributes to the maintenance of normal skin<br>Riboflavin contributes to the maintenance of normal vision<br>Riboflavin contributes to the normal metabolism of iron<br>Riboflavin contributes to the protection of cells from oxidative stress<br>Riboflavin contributes to the reduction of tiredness and fatigue |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR HERRING |
|---|---|
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function.<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 6.3 Nutrition Labels for Herring - Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Herring – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| HERRING | PER 100g RAW |
|---|---|
| **Energy** | 791kJ/190kcal |
| **Fat**<br>of which saturates | 13.2g<br>3.7g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 17.8g |
| **Salt** | 0.3g |

### Example 2: Herring – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| HERRING | PER 100g RAW |
|---|---|
| **Energy** | 791kJ/190kcal |
| **Fat**<br>of which saturates | 13.2g<br>3.7g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 17.8g |
| **Salt** | 0.3g |
| **Phosphorus** | 230mg (33% RI) |
| **Selenium** | 35µg (64% RI) |
| **Iodine** | 29µg (19% RI) |
| **Potassium** | 320mg (16% RI) |
| **Riboflavin** (Vitamin B2) | 0.26mg (19% RI) |
| **Niacin** (Vitamin B3) | 7.4mg (46% RI) |
| **Vitamin B6** | 0.44mg (31% RI) |
| **Vitamin B12** | 13µg (520% RI) |
| **Vitamin D** | 19µg (380% RI) |

**Contains 1,568mg of omega-3 fatty acids per 100g (omega-3 EPA: 708mg; omega-3 DHA: 860mg)**

### Example 3: Herring – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when grilled, include grilling instructions.

| HERRING | PER 100g GRILLED |
|---|---|
| **Energy** | 756kJ/181kcal |
| **Fat**<br>of which saturates | 11.2g<br>2.8g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 20.1g |
| **Salt** | 0.4g |

### Example 4: Herring – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| HERRING | PER 100g GRILLED |
|---|---|
| **Energy** | 756kJ/181kcal |
| **Fat**<br>of which saturates | 11.2g<br>2.8g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 20.1g |
| **Salt** | 0.4g |
| **Phosphorus** | 310mg (44% RI) |
| **Selenium** | 46µg (84% RI) |
| **Iodine** | 38µg (25% RI) |
| **Potassium** | 430mg (22% RI) |
| **Riboflavin** (Vitamin B2) | 0.27mg (19% RI) |
| **Niacin** (Vitamin B3) | 7.8mg (49% RI) |
| **Vitamin B6** | 0.35mg (25% RI) |
| **Vitamin B12** | 15µg (600% RI) |
| **Vitamin D** | 16.1µg (322% RI) |

**Contains 2,015mg of omega-3 fatty acids per 100g (omega-3 EPA 909mg; omega-3 DHA: 1,104mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Herring Nutrition Data Reference:

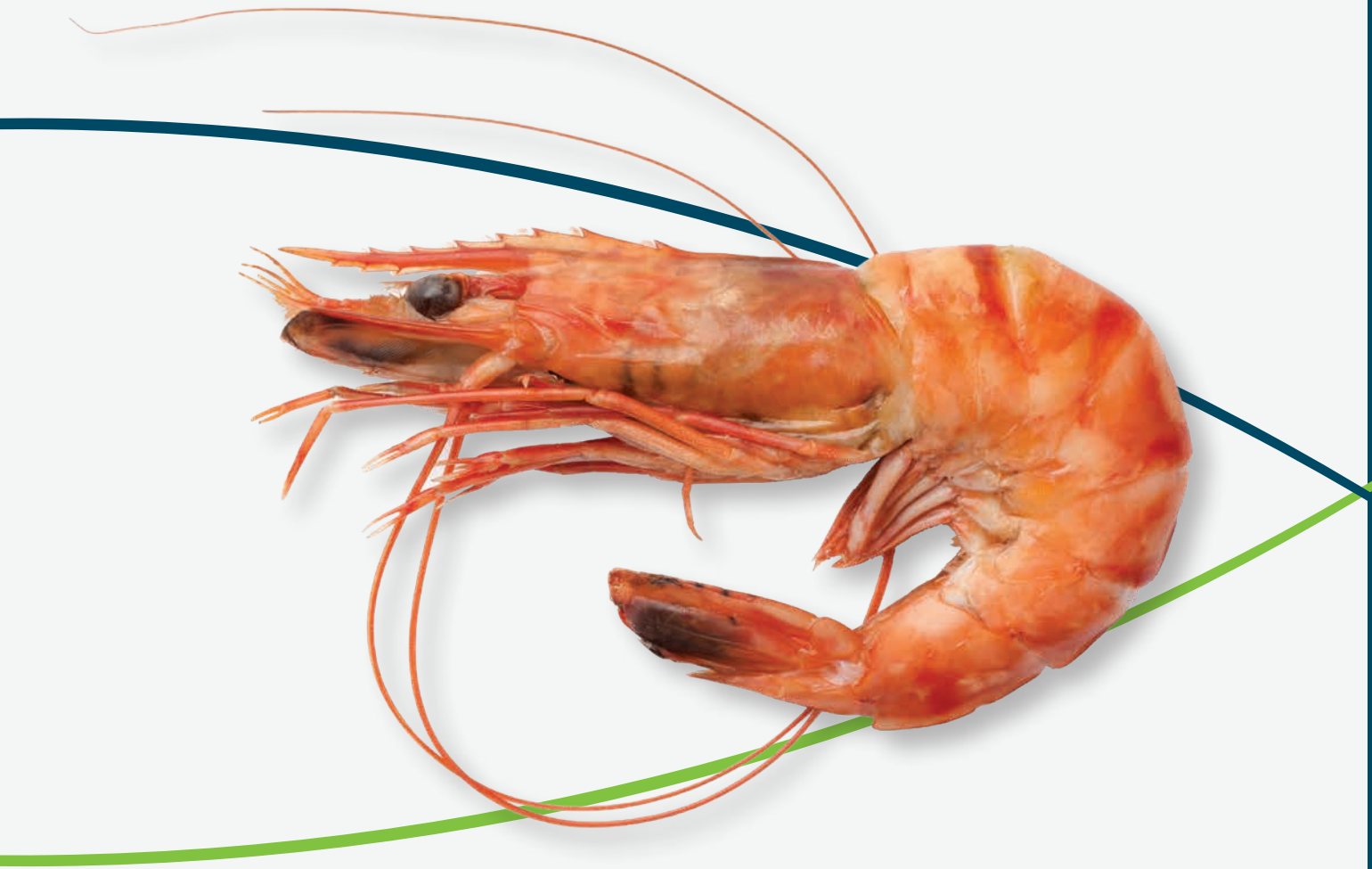
Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# 7 King Prawns *Litopenaeus vannamei*

**Key Nutrients**

Protein, Vitamin B12, Vitamin B3 (Niacin), Phosphorus, Selenium, Copper.



## 7.1 Nutrition Claims for King Prawns

The following nutrition claims may be made for King Prawns:

| NUTRIENT | NUTRITION CLAIMS FOR KING PRAWNS |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Vitamin B3** (Niacin) | Source of niacin/A natural source of niacin |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Phosphorus** | Source of phosphorus/Natural source of phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Copper** | Source of copper/Natural source of copper |

## 7.2 Health Claims for King Prawns

The following health claims may be made for King Prawns. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR KING PRAWNS |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR KING PRAWNS |
|---|---|
| Selenium | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| Copper | Copper contributes to maintenance of normal connective tissue<br>Copper contributes to normal energy-yielding metabolism<br>Copper contributes to normal functioning of the nervous system<br>Copper contributes to normal hair pigmentation<br>Copper contributes to normal iron transport in the body<br>Copper contributes to normal skin pigmentation<br>Copper contributes to the normal function of the immune system<br>Copper contributes to the protection of cells from oxidative stress |

## 7.3 Nutrition Labels for King Prawns - Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: King Prawns – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| KING PRAWNS | PER 100g RAW |
|---|---|
| Energy | 325kJ/77kcal |
| Fat<br>of which saturates | 0.7g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 17.6g |
| Salt | 0.5g |

### Example 2: King Prawns – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| KING PRAWNS | PER 100g RAW |
|---|---|
| **Energy** | 325kJ/77kcal |
| **Fat**<br>of which saturates | 0.7g<br>0.2g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 17.6g |
| **Salt** | 0.5g |
| **Phosphorus** | 155mg (22% RI) |
| **Selenium** | 34µg (62% RI) |
| **Copper** | 0.21mg (21% RI) |
| **Niacin** (Vitamin B3) | 3.7mg (23% RI) |
| **Vitamin B12** | 1.3µg (52% RI) |

### Example 3: King Prawns – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when grilled, include grilling instructions.

| KING PRAWNS | PER 100g GRILLED |
|---|---|
| **Energy** | 433kJ/102kcal |
| **Fat**<br>of which saturates | 0.9g<br>0.2g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 23.5g |
| **Salt** | 0.8g |

### Example 4: King Prawns – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| KING PRAWNS | PER 100g GRILLED |
|---|---|
| **Energy** | 433kJ/102kcal |
| **Fat**<br>of which saturates | 0.9g<br>0.2g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 23.5g |
| **Salt** | 0.8g |
| **Phosphorus** | 209mg (30% RI) |
| **Selenium** | 41µg (75% RI) |
| **Copper** | 0.35mg (35% RI) |
| **Niacin** (Vitamin B3) | 3.5mg (22% RI) |
| **Vitamin B12** | 1.6µg (64% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

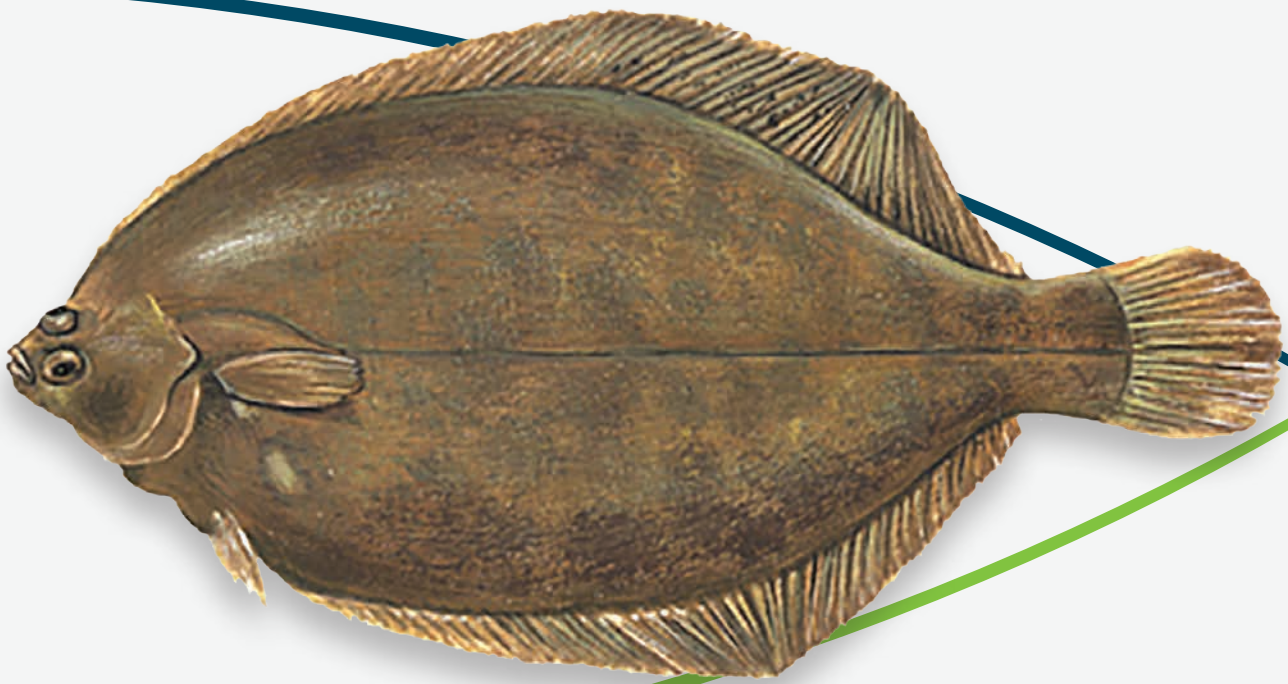
### King Prawns Nutrition Data Reference:

Nutritics, December 2019.

# 8 Lemon Sole *Microstomus kitt*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B3 (Niacin), Iodine, Selenium, Phosphorus.



## 8.1 Nutrition Claims for Lemon Sole

The following nutrition claims may be made for Lemon Sole:

| NUTRIENT | NUTRITION CLAIMS FOR LEMON SOLE |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Salt** | Low in salt/Naturally low in salt |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Niacin** | High in niacin/Naturally high in niacin |
| **Phosphorus** | Source of phosphorus/A natural source of phosphorus |
| **Iodine** | Source of iodine/A natural source of iodine |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 8.2 Health Claims for Lemon Sole

The following health claims may be made for cooked Lemon Sole. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR LEMON SOLE |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR LEMON SOLE |
|---|---|
| Phosphorus | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| Selenium | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| Iodine | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| Omega-3 DHA | 250mg of DHA per day contributes to the maintenance of normal vision<br>250mg of DHA per day contributes to maintenance of normal brain function |
| Omega-3 DHA and EPA | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 8.3 Nutrition Labels for Lemon Sole - Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Lemon Sole – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| LEMON SOLE | PER 100g RAW |
|---|---|
| Energy | 310kJ/73kcal |
| Fat<br>of which saturates | 0.7g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 16.7g |
| Salt | 0.3g |

### Example 2: Lemon Sole – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| LEMON SOLE | PER 100g RAW |
|---|---|
| Energy | 310kJ/73kcal |
| Fat<br>of which saturates | 0.7g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 16.7g |
| Salt | 0.3g |
| Phosphorus | 124mg (18% RI) |
| Vitamin B12 | 1µg (40% RI) |
| Niacin | 6.8mg (43% RI) |
| Iodine | 23µg (15% RI) |
| Selenium | 50µg (91% RI) |

**Contains 100mg omega-3 fatty acids per 100g (omega-3-EPA: 0mg, omega 3-DHA: 100mg) (per 100g steamed).**

### Example 3: Lemon Sole – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when grilled, include grilling instructions.

| LEMON SOLE | PER 100g GRILLED |
|---|---|
| Energy | 388kJ/91kcal |
| Fat<br>of which saturates | 0.6g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 21.5g |
| Salt | 0.4g |

### Example 4: Lemon Sole – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| LEMON SOLE | PER 100g GRILLED |
|---|---|
| Energy | 388kJ/91kcal |
| Fat<br>of which saturates | 0.6g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 21.5g |
| Salt | 0.4g |
| Phosphorus | 163mg (23% RI) |
| Vitamin B12 | 1.1µg (44% RI) |
| Niacin | 7.6mg (48% RI) |
| Iodine | 31µg (21% RI) |
| Selenium | 83µg (151% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Lemon Sole Nutrition Data Reference:

Nutritics, December 2019.

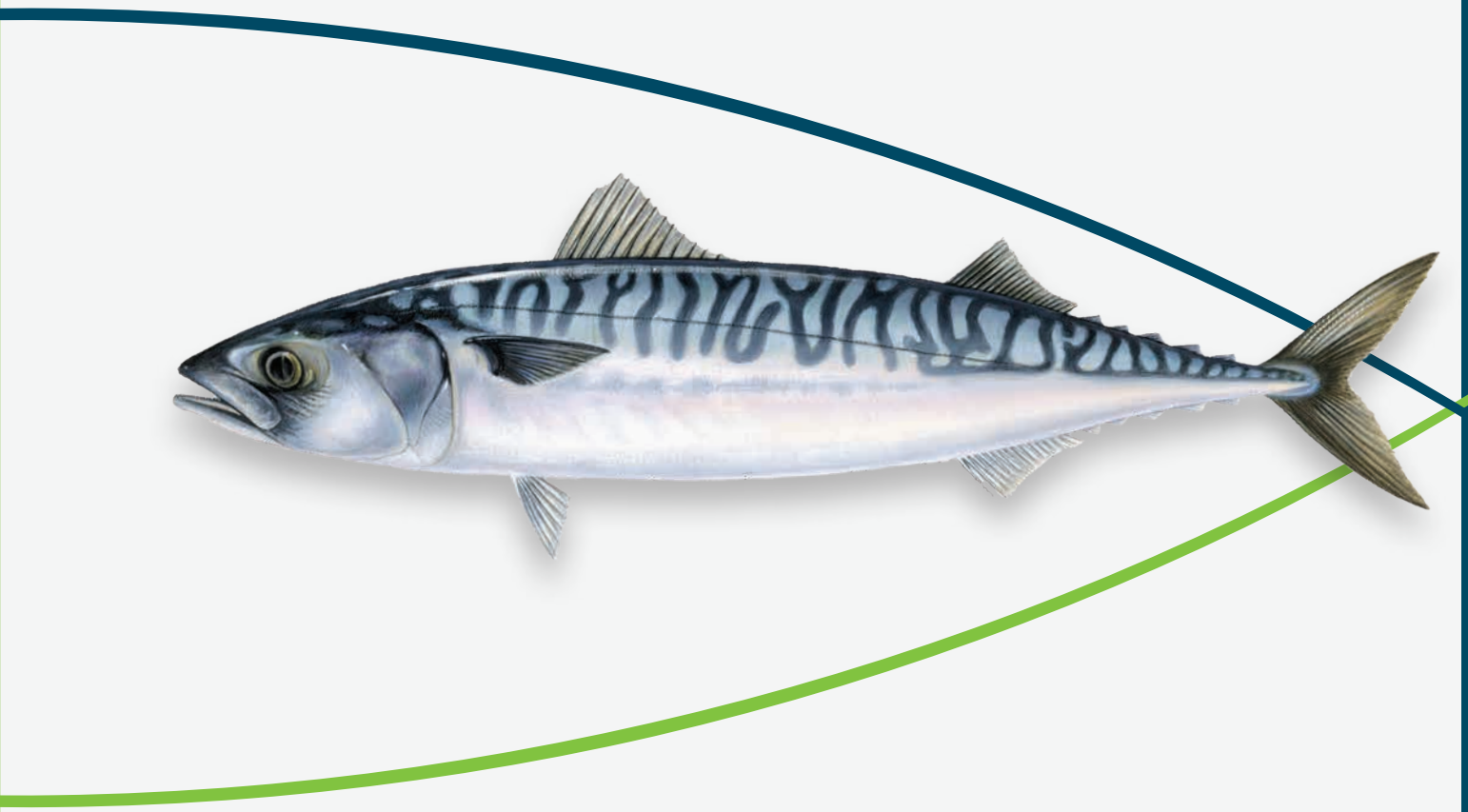
### Omega-3 Values Source:

*Fish and Fish products.* Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.

# 9 **Mackerel** *Scomber scrombus*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6, Vitamin D, Potassium, Phosphorus, Selenium, Iodine.



## 9.1 Nutrition Claims for Mackerel

The following nutrition claims may be made for Mackerel:

| NUTRIENT | NUTRITION CLAIMS FOR MACKEREL |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B2** (Riboflavin) | Source of riboflavin/A natural source of riboflavin |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B6** | Source of vitamin B6/A natural source of vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin D** | High in vitamin D/Naturally high in vitamin D |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | Source of iodine/Natural source of iodine |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 9.2 Health Claims for Mackerel

The following health claims may be made for Mackerel. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR MACKEREL |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR MACKEREL |
|---|---|
| **Vitamin B2** (Riboflavin) | Riboflavin contributes to normal energy-yielding metabolism<br>Riboflavin contributes to normal functioning of the nervous system<br>Riboflavin contributes to the maintenance of normal mucus membranes<br>Riboflavin contributes to the maintenance of normal red blood cells<br>Riboflavin contributes to the maintenance of normal skin<br>Riboflavin contributes to the maintenance of normal vision<br>Riboflavin contributes to the normal metabolism of iron<br>Riboflavin contributes to the protection of cells from oxidative stress<br>Riboflavin contributes to the reduction of tiredness and fatigue |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR MACKEREL |
|---|---|
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function.<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 9.3 Nutrition Labels for Mackerel - Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Mackerel – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| MACKEREL | PER 100g RAW |
|---|---|
| **Energy** | 968kJ/233kcal |
| **Fat**<br>of which saturates | 17.9g<br>3.9g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 18g |
| **Salt** | 0.4g |

### Example 2: Mackerel – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| MACKEREL | PER 100g RAW |
|---|---|
| **Energy** | 968kJ/233kcal |
| **Fat**<br>of which saturates | 17.9g<br>3.9g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 18g |
| **Salt** | 0.4g |
| **Phosphorus** | 220mg (31% RI) |
| **Selenium** | 42µg (76% RI) |
| **Iodine** | 29µg (19% RI) |
| **Potassium** | 335mg (34% RI) |
| **Riboflavin** (Vitamin B2) | 0.3mg (21% RI) |
| **Niacin** (Vitamin B3) | 15.7mg (98% RI) |
| **Vitamin B6** | 0.4mg (29% RI) |
| **Vitamin B12** | 8.8µg (352% RI) |
| **Vitamin D** | 8µg (160% RI) |

**Contains 2,298mg of omega-3 fatty acids per 100g (omega-3 EPA: 898mg; omega-3 DHA: 1,400mg)**

### Example 3: Mackerel – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when grilled, include grilling instructions.

| MACKEREL | PER 100g GRILLED |
|---|---|
| **Energy** | 1174kJ/283kcal |
| **Fat**<br>of which saturates | 22.4g<br>5.1g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 20.3g |
| **Salt** | 0.4g |

### Example 4: Mackerel – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| MACKEREL | PER 100g GRILLED |
|---|---|
| **Energy** | 1174kJ/283kcal |
| **Fat**<br>of which saturates | 22.4g<br>5.1g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 20.3g |
| **Salt** | 0.4g |
| **Phosphorus** | 236mg (34% RI) |
| **Selenium** | 60µg (109% RI) |
| **Iodine** | 35µg (23% RI) |
| **Potassium** | 349mg (17% RI) |
| **Riboflavin** (Vitamin B2) | 0.4mg (26% RI) |
| **Niacin** (Vitamin B3) | 15.5mg (97% RI) |
| **Vitamin B6** | 0.3mg (19% RI) |
| **Vitamin B12** | 9.1µg (364% RI) |
| **Vitamin D** | 8.5µg (170% RI) |

**Contains 1,203mg of omega-3 fatty acids per 100g (omega-3 EPA: 504mg; omega-3 DHA 699mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Mackerel Nutrition Data Reference:

Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# 10 Monkfish *Lophius piscatorius*

**Key Nutrients**
Protein, Omega-3, Potassium, Phosphorus.

## 10.1 Nutrition Claims for Monkfish

The following nutrition claims may be made for monkfish:

| NUTRIENT | NUTRITION CLAIMS FOR MONKFISH |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Salt** | Low in salt/Naturally low in salt |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 10.2 Health Claims for Monkfish

The following health claims may be made for monkfish. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR MONKFISH |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 10.3 Nutrition Labels for Monkfish – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Monkfish – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| MONKFISH | PER 100g RAW |
|---|---|
| Energy | 282kJ/66kcal |
| Fat<br>of which saturates | 0.4g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 15.7g |
| Salt | 0.05g |

### Example 2: Monkfish – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| MONKFISH | PER 100g RAW |
|---|---|
| Energy | 282kJ/66kcal |
| Fat<br>of which saturates | 0.4g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 15.7g |
| Salt | 0.05g |
| Phosphorus | 330mg (47% RI) |
| Potassium | 300mg (15% RI) |

**Contains 100mg omega-3 fatty acids per 100g (omega-3-EPA: 0mg, omega 3-DHA: 100mg)**

### Example 3: Monkfish – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when grilled, include grilling instructions.

| MONKFISH | PER 100g GRILLED |
|---|---|
| Energy | 408kJ/96kcal |
| Fat<br>of which saturates | 0.6g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 22.7g |
| Salt | 0.07g |

### Example 4: Monkfish – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| MONKFISH | PER 100g GRILLED |
|---|---|
| Energy | 408kJ/96kcal |
| Fat<br>of which saturates | 0.6g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 22.7g |
| Salt | 0.07g |
| Phosphorus | 480mg (69% RI) |
| Potassium | 430mg (22% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Monkfish Nutrition Data Reference:

Nutritics, December 2019.

### Omega-3 Values Source:

*Fish and Fish products*. Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.

# 11 Mussels *Mytilus edulis*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Phosphorus, Selenium, Iron, Zinc, Copper, Iodine.

## 11.1 Nutrition Claims for Mussels

The following nutrition claims may be made for Mussels:

| NUTRIENT | NUTRITION CLAIMS FOR MUSSELS |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B2** (Riboflavin) | Source of riboflavin/A natural source of riboflavin |
| **Vitamin B3** (Niacin) | Source of niacin/A natural source of niacin |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | High in iodine/Naturally high in iodine |
| **Iron** | Source of iron/A natural source of iron |
| **Zinc** | High in zinc/Naturally high in zinc |
| **Copper** | Source of copper/A natural source of copper |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 11.2 Health Claims for Mussels

The following health claims may be made for Mussels. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR MUSSELS |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B2** (Riboflavin) | Riboflavin contributes to normal energy-yielding metabolism<br>Riboflavin contributes to normal functioning of the nervous system<br>Riboflavin contributes to the maintenance of normal mucus membranes<br>Riboflavin contributes to the maintenance of normal red blood cells<br>Riboflavin contributes to the maintenance of normal skin<br>Riboflavin contributes to the maintenance of normal vision<br>Riboflavin contributes to the normal metabolism of iron<br>Riboflavin contributes to the protection of cells from oxidative stress<br>Riboflavin contributes to the reduction of tiredness and fatigue |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance on normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR MUSSELS |
|---|---|
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Zinc** | Zinc contributes to normal carbohydrate metabolism<br>Zinc contributes to normal DNA synthesis<br>Zinc contributes to normal acid-base metabolism<br>Zinc contributes to normal cognitive function<br>Zinc contributes to normal fertility and reproduction<br>Zinc contributes to normal macronutrient metabolism<br>Zinc contributes to normal protein synthesis<br>Zinc contributes to the maintenance of normal bones<br>Zinc contributes to the maintenance of normal hair<br>Zinc contributes to the maintenance of normal nails<br>Zinc contributes to the maintenance of normal skin<br>Zinc contributes to the maintenance of normal testosterone levels in the blood<br>Zinc contributes to the maintenance of normal vision<br>Zinc contributes to the normal function of the immune system |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR MUSSELS |
|---|---|
| **Copper** | Copper contributes to maintenance of normal connective tissues<br>Copper contributes to normal energy-yielding metabolism<br>Copper contributes to normal functioning of the nervous system<br>Copper contributes to normal hair pigmentation<br>Copper contributes to normal iron transport in the body<br>Copper contributes to normal skin pigmentation<br>Copper contributes to the normal function of the immune system<br>Copper contributes to the protection of cells from oxidative stress |
| **Iron** | Iron contributes to normal cognitive function<br>Iron contributes to normal energy-yielding metabolism<br>Iron contributes to normal formation of red blood cells and haemoglobin<br>Iron contributes to normal oxygen transport in the body<br>Iron contributes to the normal function function of the immune system<br>Iron contributes to the reduction of tiredness and fatigue<br>Iron has a role in the process of cell division |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 11.3 Nutrition Labels for Mussels – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Mussels – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| MUSSELS | PER 100g RAW |
|---|---|
| **Energy** | 315kJ/75kcal |
| **Fat**<br>of which saturates | 1.8g<br>0.4g |
| **Carbohydrate**<br>of which sugars | 2.5g<br>0g |
| **Protein** | 12.1g |
| **Salt** | 0.7g |

### Example 2: Mussels – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| MUSSELS | PER 100g RAW |
|---|---|
| **Energy** | 315kJ/75kcal |
| **Fat**<br>of which saturates | 1.8g<br>0.4g |
| **Carbohydrate**<br>of which sugars | 2.5g<br>0g |
| **Protein** | 12.1g |
| **Salt** | 0.7g |
| **Phosphorus** | 240mg (34% RI) |
| **Selenium** | 51µg (93% RI) |
| **Iodine** | 140µg (93% RI) |
| **Iron** | 2.5mg (18% RI) |
| **Copper** | 0.22mg (22% RI) |
| **Zinc** | 2.5mg (25% RI) |
| **Vitamin B2** (Riboflavin) | 0.35mg (25% RI) |
| **Vitamin B3** (Niacin) | 4.2mg (26% RI) |
| **Vitamin B12** | 19µg (760% RI) |

**Contains 441mg of omega-3 fatty acids per 100g (omega-3 EPA: 188mg; omega-3 DHA: 253mg)**

### Example 3: Mussels – Cooked

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when cooked, include cooking instructions.

| MUSSELS | PER 100g COOKED |
|---|---|
| **Energy** | 442kJ/105kcal |
| **Fat**<br>of which saturates | 2.2g<br>0.3g |
| **Carbohydrate**<br>of which sugars | 3.5g<br>0g |
| **Protein** | 17.7g |
| **Salt** | 1g |

### Example 4: Mussels – Cooked (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claims relate to potassium, phosphorus, vitamin B12, iodine and selenium.

As the nutrition information relates to the product when cooked, include cooking instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| MUSSELS | PER 100g COOKED |
|---|---|
| **Energy** | 442kJ/105kcal |
| **Fat**<br>of which saturates | 2.2g<br>0.3g |
| **Carbohydrate**<br>of which sugars | 3.5g<br>0g |
| **Protein** | 17.7g |
| **Salt** | 1g |
| **Phosphorus** | 258mg (37% RI) |
| **Selenium** | 66µg (120% RI) |
| **Iodine** | 247µg (165% RI) |
| **Iron** | 3.3mg (24% RI) |
| **Copper** | 0.17mg (17% RI) |
| **Zinc** | 3.4mg (34% RI) |
| **Vitamin B2** (Riboflavin) | 0.26mg (19% RI) |
| **Vitamin B3** (Niacin) | 5.2mg (35% RI) |
| **Vitamin B12** | 10.6µg (364% RI) |

**Contains 781mg of omega-3 fatty acids per 100g (omega-3 EPA: 276mg; omega-3 DHA: 505mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

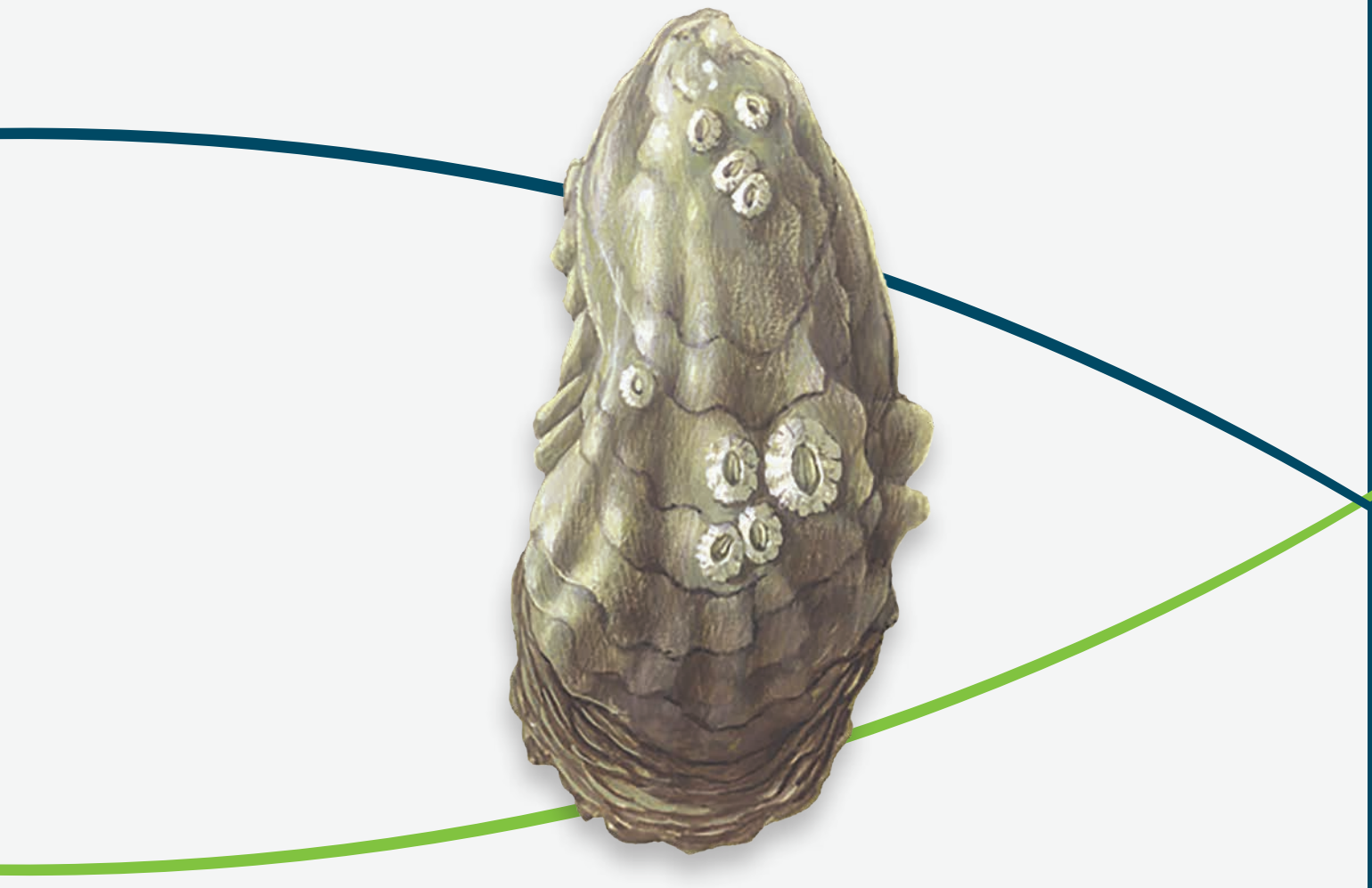
### Mussels Nutrition Data Reference:

Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# **12 Oysters** *Crassotrea gigas*

**Key Nutrients:**
Protein, Vitamin B12, Vitamin B3 (Niacin), Vitamin D, Phosphorus, Selenium, Iron, Zinc, Copper, Iodine.



## 12.1 Nutrition Claims for Oysters

The following nutrition claims may be made for oysters:

| NUTRIENT | NUTRIENT CLAIM FOR OYSTERS |
|---|---|
| **Protein** | Source of protein/A natural source of protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Vitamin B3** (Niacin) | A source of niacin/A natural source of niacin |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin D** | Source of vitamin D/A natural source of vitamin D |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | High in iodine/Naturally high in iodine |
| **Iron** | High in iron/Naturally high in iron |
| **Zinc** | High in zinc/Naturally high in zinc |
| **Copper** | High in copper/Naturally high in copper |

## 12.2 Health Claims for Oysters

The following health claims may be made for oysters. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR OYSTERS |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR OYSTERS |
|---|---|
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Zinc** | Zinc contributes to normal carbohydrate metabolism<br>Zinc contributes to normal DNA synthesis<br>Zinc contributes to normal acid-base metabolism<br>Zinc contributes to normal cognitive function<br>Zinc contributes to normal fertility and reproduction<br>Zinc contributes to normal macronutrient metabolism<br>Zinc contributes to normal protein synthesis<br>Zinc contributes to the normal function of the immune system<br>Zinc contributes to the maintenance of normal bones<br>Zinc contributes to the maintenance of normal hair<br>Zinc contributes to the maintenance of normal nails<br>Zinc contributes to the maintenance of normal skin<br>Zinc contributes to the maintenance of normal testosterone levels in the blood<br>Zinc contributes to the maintenance of normal vision |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR OYSTERS |
|---|---|
| Copper | Copper contributes to maintenance of normal connective tissues<br>Copper contributes to normal energy-yielding metabolism<br>Copper contributes to normal functioning of the nervous system<br>Copper contributes to normal hair pigmentation<br>Copper contributes to normal iron transport in the body<br>Copper contributes to normal skin pigmentation<br>Copper contributes to the normal function of the immune system<br>Copper contributes to the protection of cells from oxidative stress |
| Iron | Iron contributes to normal cognitive function<br>Iron contributes to normal energy-yielding metabolism<br>Iron contributes to normal formation of red blood cells and haemoglobin<br>Iron contributes to normal oxygen transport in the body<br>Iron contributes to the normal function of the immune system<br>Iron contributes to the reduction of tiredness and fatigue<br>Iron has a role in the process of cell division |

## 12.3 Nutrition Label for Oysters- Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Oysters- Raw

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

| OYSTERS | PER 100G RAW |
|---|---|
| Energy | 278kJ/66kcal |
| Fat<br>of which saturates | 1.3g<br>0.2g |
| Carbohydrate<br>of which sugars | 2.7g<br>0g |
| Protein | 10.8g |
| Salt | 1.3g |

### Example 2: Oysters – Raw (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| OYSTERS | PER 100G RAW |
|---|---|
| Energy | 278kJ/66kcal |
| Fat<br>of which saturates | 1.3g<br>0.2g |
| Carbohydrate<br>of which sugars | 2.7g<br>0g |
| Protein | 10.8g |
| Salt | 1.3g |
| Phosphorus | 210mg (30% RI) |
| Selenium | 23µg (42% RI) |
| Iodine | 60µg (40% RI) |
| Iron | 5.7mg (41% RI) |
| Copper | 7.5mg (750% RI) |
| Zinc | 59mg (592% RI) |
| Vitamin B3 (Niacin) | 4.1mg (26% RI) |
| Vitamin B12 | 17µg (680% RI) |
| Vitamin D | 1µg (20% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

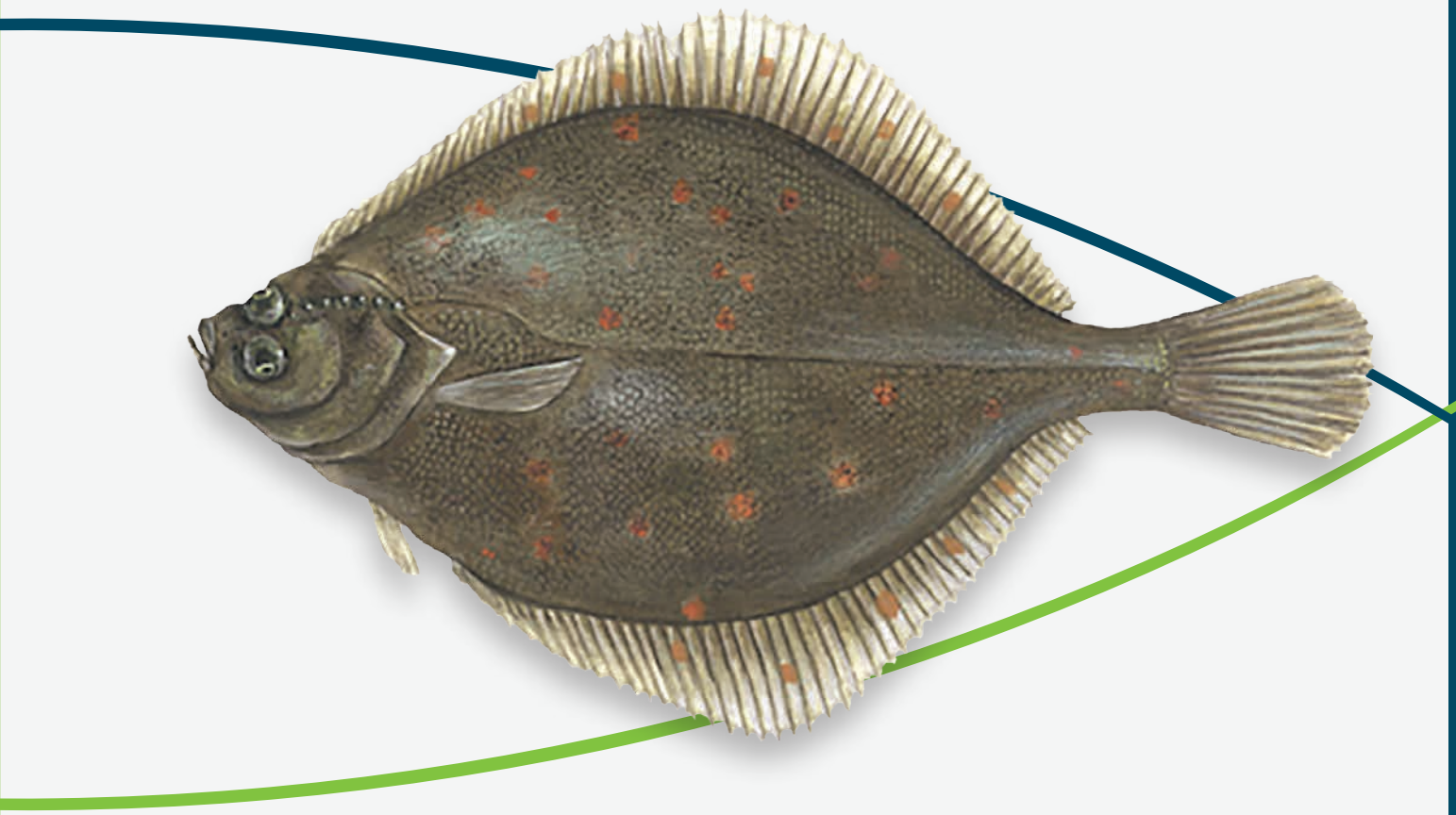
### Nutrition Data Reference:

Nutritics April 2020.

# **13 Plaice** *Pleuronectes platessa*

**Key Nutrients**

Protein, Omega-3, Vitamin B1 (Thiamin), Vitamin B3 (Niacin), Vitamin B6, Vitamin B12, Phosphorus, Selenium, Iodine.



## 13.1 Nutrition Claims for Plaice

The following nutrition claims may be made for Plaice:

| NUTRIENT | NUTRITION CLAIMS FOR PLAICE |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Vitamin B1** (Thiamin) | Source of thiamin/A natural source of thiamin |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B6** | Source of vitamin B6/A natural source of vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Phosphorus** | Source of phosphorus/A natural source of phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | Source of iodine/Natural source of iodine |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 13.2 Health Claims for Plaice

The following health claims may be made for Plaice. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR PLAICE |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B1** (Thiamine) | Thiamine contributes to normal energy-yielding metabolism<br>Thiamine contributes to normal functioning of the nervous system<br>Thiamine contributes to normal psychological function<br>Thiamine contributes to the normal function of the heart |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR PLAICE |
|---|---|
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 13.3 Nutrition Labels for Plaice – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Plaice – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| PLAICE | PER 100g RAW |
|---|---|
| **Energy** | 323kJ/76kcal |
| **Fat**<br>of which saturates | 1.2g<br>0.2g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 16.4g |
| **Salt** | 0.4g |

### Example 2: Plaice – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| PLAICE | PER 100g RAW |
|---|---|
| **Energy** | 323kJ/76kcal |
| **Fat**<br>of which saturates | 1.2g<br>0.2g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 16.4g |
| **Salt** | 0.4g |
| **Phosphorus** | 157mg (22% RI) |
| **Selenium** | 35µg (64% RI) |
| **Iodine** | 31µg (21% RI) |
| **Thiamin** (Vitamin B1) | 0.3mg (27% RI) |
| **Niacin** (Vitamin B3) | 5.5mg (34% RI) |
| **Vitamin B6** | 0.23mg (16% RI) |
| **Vitamin B12** | 1.3µg (52% RI) |

**Contains 100mg omega-3 fatty acids per 100g (omega-3-EPA: 0mg, omega 3-DHA: 100mg)**

### Example 3: Plaice – Steamed

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when steamed, include steaming instructions.

| PLAICE | PER 100g STEAMED |
|---|---|
| **Energy** | 383kJ/91kcal |
| **Fat**<br>of which saturates | 1.4g<br>0.3g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 19.5g |
| **Salt** | 0.4g |

### Example 4: Plaice – Steamed (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when steamed, include steaming instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| PLAICE | PER 100g STEAMED |
|---|---|
| **Energy** | 383kJ/91kcal |
| **Fat**<br>of which saturates | 1.4g<br>0.3g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 19.5g |
| **Salt** | 0.4g |
| **Phosphorus** | 187mg (27% RI) |
| **Selenium** | 41µg (75% RI) |
| **Iodine** | 37µg (25% RI) |
| **Thiamin** (Vitamin B1) | 0.35mg (32% RI) |
| **Niacin** (Vitamin B3) | 6.2mg (39% RI) |
| **Vitamin B6** | 0.27mg (19% RI) |
| **Vitamin B12** | 1.5µg (60% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Plaice Nutrition Data Reference:

Nutritics, December 2019.

### Omega-3 Values Source:

*Fish and Fish products*. Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.

# 14 Rainbow Trout *Oncorhynchus mykiss*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin D, Potassium, Phosphorus, Selenium.

## 14.1 Nutrition Claims for Rainbow Trout

The following nutrition claims may be made for Rainbow Trout:

| NUTRIENT | NUTRITION CLAIMS FOR RAINBOW TROUT |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Salt** | Low in salt/Naturally low in salt |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B5** (Pantothenic acid) | Source of vitamin B5/A natural source of vitamin B5 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin D** | High in vitamin D/Naturally high in vitamin D |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 14.2 Health Claims for Rainbow Trout

The following health claims may be made for Rainbow Trout. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR RAINBOW TROUT |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR RAINBOW TROUT |
|---|---|
| **Pantothenic Acid** (Vitamin B5) | Pantothenic Acid contributes to a reduction in tiredness and fatigue<br>Pantothenic Acid contributes to normal mental performance<br>Pantothenic Acid contributes to normal energy-yielding metabolism |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 14.3 Nutrition Labels for Rainbow Trout – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Rainbow Trout (Raw)

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| RAINBOW TROUT | PER 100g RAW |
|---|---|
| **Energy** | 534kJ/127kcal |
| **Fat**<br>of which saturates | 5.3g<br>1.2g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 19.9g |
| **Salt** | 0.3g |

### Example 2: Rainbow Trout – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| RAINBOW TROUT | PER 100g RAW |
|---|---|
| **Energy** | 534kJ/127kcal |
| **Fat**<br>of which saturates | 5.3g<br>1.2g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 19.9g |
| **Salt** | 0.3g |
| **Phosphorus** | 228mg (33% RI) |
| **Selenium** | 19µg (35% RI) |
| **Potassium** | 383mg (19% RI) |
| **Niacin** (Vitamin B3) | 11.5mg (72% RI) |
| **Pantothenic Acid** (Vitamin B5) | 1.2mg (20% RI) |
| **Vitamin B12** | 2.8µg (112% RI) |
| **Vitamin D** | 7.9µg (158% RI) |

**Contains 642mg of omega-3 fatty acids per 100g (omega-3 EPA: 126mg; omega-3 DHA: 516mg)**

### Example 3: Rainbow Trout – Baked

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when baked, include baking instructions.

| RAINBOW TROUT | PER 100g BAKED |
|---|---|
| Energy | 630kJ/150kcal |
| Fat<br>of which saturates | 6.1g<br>1.4g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 23.8g |
| Salt | 0.2g |

### Example 4: Rainbow Trout – Baked (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when baked, include baking instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| RAINBOW TROUT | PER 100g BAKED |
|---|---|
| **Energy** | 630kJ/150kcal |
| **Fat**<br>of which saturates | 6.1g<br>1.4g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 23.8g |
| **Salt** | 0.2g |
| **Phosphorus** | 254mg (36% RI) |
| **Selenium** | 23µg (42% RI) |
| **Potassium** | 434mg (22% RI) |
| **Niacin** (Vitamin B3) | 11.7mg (73% RI) |
| **Pantothenic Acid** (Vitamin B5) | 1.1mg (18% RI) |
| **Vitamin B12** | 3.1µg (124% RI) |
| **Vitamin D** | 8.2µg (164% RI) |

**Contains 874mg of omega-3 fatty acids per 100g (omega-3 EPA: 259mg; omega-3 DHA: 615mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Rainbow Trout Nutrition Data Reference:

Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# 15 Atlantic Salmon *Salmo salar* (Farmed)

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B1 (Thiamin), Vitamin B3 (Niacin), Vitamin D, Vitamin E, Potassium, Phosphorus, Selenium.

## 15.1 Nutrition Claims for Farmed Salmon

The following nutrition claims may be made for baked farmed salmon:

| NUTRIENT | NUTRITION CLAIMS FOR FARMED SALMON |
|---|---|
| **Protein** | Naturally high in protein/High in protein |
| **Salt** | Naturally low in salt/Low in salt |
| **Vitamin B1** (Thiamin) | Natural source of thiamin/Source of thiamin |
| **Vitamin B3** (Niacin) | Naturally high in niacin/High in niacin |
| **Vitamin B12** | Naturally high in vitamin B12/High in vitamin B12 |
| **Vitamin D** | Naturally high in vitamin D/High in vitamin D |
| **Vitamin E** | Naturally high in vitamin E/High in vitamin E |
| **Potassium** | A natural source of potassium/Source of potassium |
| **Phosphorus** | Naturally high in phosphorus/High in phosphorous |
| **Selenium** | Naturally high in selenium/High in selenium |
| **Omega-3** | Naturally high in omega-3 fatty acids/High in omega-3 fatty acids |

## 15.2 Health Claims for Farmed Salmon

The following health claims may be made for baked farmed salmon. If you use a health claim you must list the amount of the nutrient and the percentage of the RI (in the case of vitamins and minerals) on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR FARMED SALMON |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |
| **Vitamin E** | Vitamin E contributes to the protection of cells from oxidative stress |
| **Vitamin B1** (Thiamin) | Thiamine contributes to normal energy-yielding metabolism<br>Thiamine contributes to normal functioning of the nervous system<br>Thiamine contributes to normal psychological function<br>Thiamine contributes to the normal function of the heart |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR FARMED SALMON |
|---|---|
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones<br>Phosphorus contributes to the maintenance of normal teeth |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal function of the immune system<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 15.3 Nutrition Labels for Farmed Salmon – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Farmed Salmon – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| FARMED SALMON | PER 100g RAW |
|---|---|
| **Energy** | 902kJ/217kcal |
| **Fat**<br>of which saturates | 15g<br>2.8g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 20.4g |
| **Salt** | 0.1g |

### Example 2: Farmed Salmon – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| FARMED SALMON | PER 100g RAW |
|---|---|
| **Energy** | 902Kj/217kcal |
| **Fat**<br>of which saturates | 15g<br>2.8g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 20.4g |
| **Salt** | 0.1g |
| **Phosphorus** | 226mg (32% RI) |
| **Selenium** | 18 µg (33% RI) |
| **Potassium** | 357mg (18% RI) |
| **Thiamin** (Vitamin B1) | 0.45mg (41% RI) |
| **Niacin** (Vitamin B3) | 11.1mg (69% RI) |
| **Vitamin B12** | 4.4 µg (176% RI) |
| **Vitamin D** | 4.7µg (94% RI) |
| **Vitamin E** | 4mg (33% RI) |

**Contains 1,120mg omega-3 fatty acids per 100g (omega-3-EPA: 400mg, omega 3-DHA: 720mg).**

### Example 3: Farmed Salmon – Baked

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when baked, include baking instructions.

| FARMED SALMON | PER 100g BAKED |
|---|---|
| Energy | 969kJ/232kcal |
| Fat<br>of which saturates | 14.6g<br>2.8g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 25.2g |
| Salt | 0.1g |

### Example 4: Farmed Salmon – Baked (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when baked, include baking instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| FARMED SALMON | PER 100g BAKED |
|---|---|
| **Energy** | 969kJ/232kcal |
| **Fat**<br>of which saturates | 14.6g<br>2.8g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 25.2g |
| **Salt** | 0.1g |
| **Phosphorus** | 262mg (37% RI) |
| **Selenium** | 20µg (36% RI) |
| **Potassium** | 412mg (21% RI) |
| **Thiamin** (Vitamin B1) | 0.26mg (24% RI) |
| **Niacin** (Vitamin B3) | 8.6mg (54% RI) |
| **Vitamin B12** | 2.5µg (100% RI) |
| **Vitamin D** | 7.3µg (146% RI) |
| **Vitamin E** | 3.7mg (31% RI) |

**Contains 1,120mg omega-3 fatty acids per 100g (omega-3-EPA: 400mg, omega-3-DHA: 720mg).**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Farmed Salmon Nutrition Data Reference:

Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# 16 Atlantic Salmon *Salmo salar* (Wild)

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B3 (Niacin), Vitamin D, Potassium, Phosphorus, Selenium.

## 16.1 Nutrition Claims for Wild Salmon

The following nutrition claims may be made for wild salmon:

| NUTRIENT | NUTRITION CLAIMS FOR WILD SALMON |
|---|---|
| **Protein** | High in protein/naturally high in protein |
| **Salt** | Low in salt/naturally low in salt |
| **Vitamin B3** (Niacin) | High in niacin/naturally high in niacin |
| **Vitamin B12** | High in vitamin B12/naturally high in vitamin B12 |
| **Vitamin D** | High in vitamin D/Naturally high in vitamin D |
| **Potassium** | Source of potassium/Natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 16.2 Health Claims for Wild Salmon

The following health claims may be made for cooked Wild Salmon. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR WILD SALMON |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to the maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 16.3 Nutrition Labels for Wild Salmon – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Wild Salmon – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| WILD SALMON | PER 100g RAW |
|---|---|
| **Energy** | 749kJ/179kcal |
| **Fat**<br>of which saturates | 10.1g<br>2.1g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 22.1g |
| **Salt** | 0.1g |

### Example 2: Wild Salmon – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| WILD SALMON | PER 100g RAW |
|---|---|
| **Energy** | 749kJ/179kcal |
| **Fat**<br>of which saturates | 10.1g<br>2.1g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 22.1g |
| **Salt** | 0.1g |
| **Phosphorus** | 250mg (36% RI) |
| **Selenium** | 27µg (49% RI) |
| **Potassium** | 382mg (19% RI) |
| **Niacin** (Vitamin B3) | 12.7mg (79% RI) |
| **Vitamin B12** | 6.5µg (260% RI) |
| **Vitamin D** | 8.6µg (172% RI) |

**Contains 1,436mg of omega-3 fatty acids per 100g (omega-3 EPA: 321mg; omega-3 DHA 1,115mg).**

### Example 3: Wild Salmon – Baked

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when baked, include baking instructions.

| WILD SALMON | PER 100g BAKED |
|---|---|
| **Energy** | 898kJ/215kcal |
| **Fat**<br>of which saturates | 12.1g<br>2.5g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 26.5g |
| **Salt** | 0.1g |

### Example 4: Wild Salmon – Baked (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when baked, include baking instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| WILD SALMON | PER 100g |
|---|---|
| **Energy** | 898kJ/215kcal |
| **Fat**<br>of which saturates | 12.1g<br>2.5g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 26.5g |
| **Salt** | 0.1g |
| **Phosphorus** | 300mg (43% RI) |
| **Selenium** | 32µg (58% RI) |
| **Potassium** | 458mg (23% RI) |
| **Niacin** (Vitamin B3) | 12.9mg (81% RI) |
| **Vitamin B12** | 7µg (280% RI) |
| **Vitamin D** | 10.3µg (206% RI) |

**Contains 1,840mg of omega-3 fatty acids per 100g (omega-3 EPA: 411mg; omega-3 DHA 1,429mg).**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Wild Salmon Nutrition Data Reference:

Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# 17 Smoked Salmon *Salmo salar* (Cold Smoked)

**Key Nutrients**

Protein, Vitamin B1 (Thiamin) Vitamin B3 (Niacin); Vitamin B5, Vitamin B6, Vitamin B12, Vitamin D, Vitamin E, Potassium, Phosphorus, Selenium, Omega-3.

## 17.1 Nutrition Claims for Smoked Salmon

| NUTRIENT | NUTRITION CLAIMS FOR SMOKED SALMON |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B1** (Thiamin) | High in thiamin/Naturally high in thiamin |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B5** | Source of vitamin B5/A natural source of vitamin B5 |
| **Vitamin B6** | High in vitamin B6/Naturally high in vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin D** | High in vitamin D/Naturally high in vitamin D |
| **Vitamin E** | Source of vitamin E/A natural source of vitamin E |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 17.2 Health Claims for Smoked Salmon

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SMOKED SALMON |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |
| **Vitamin E** | Vitamin E contributes to the protection of cells from oxidative stress |
| **Vitamin B1** (Thiamine) | Thiamine contributes to normal energy-yielding metabolism<br>Thiamine contributes to normal functioning of the nervous system<br>Thiamine contributes to normal psychological function<br>Thiamine contributes to the normal function of the heart |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SMOKED SALMON |
|---|---|
| **Pantothenic Acid** (Vitamin B5) | Pantothenic Acid contributes to the reduction of tiredness and fatigue<br>Pantothenic Acid contributes to normal mental performance<br>Pantothenic Acid contributes to normal energy-yielding metabolism |
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 17.3 Nutrition Labels for Smoked Salmon – (Cold Smoked) Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Smoked Salmon – Cold Smoked

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| SMOKED SALMON | PER 100g |
|---|---|
| **Energy** | 770kJ/184kcal |
| **Fat**<br>of which saturates | 10.1g<br>2.2g |
| **Carbohydrate**<br>of which sugars | 0.5g<br>0.5g |
| **Protein** | 22.8g |
| **Salt** | 3g |

### Example 2: Smoked Salmon – Cold Smoked (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| SMOKED SALMON | PER 100g |
|---|---|
| **Energy** | 770kJ/184kcal |
| **Fat**<br>of which saturates | 10.1g<br>2.2g |
| **Carbohydrate**<br>of which sugars | 0.5g<br>0.5g |
| **Protein** | 22.8g |
| **Salt** | 3g |
| **Phosphorus** | 266mg (38% RI) |
| **Selenium** | 19µg (35% RI) |
| **Potassium** | 442mg (22% RI) |
| **Thiamin** | 0.4mg (39% RI) |
| **Niacin** (Vitamin B3) | 13.7mg (86% RI) |
| **Vitamin B5** (Pantothenic acid) | 1.2mg (20% RI) |
| **Vitamin B6** | 0.7mg (52% RI) |
| **Vitamin B12** | 3.2µg (128% RI) |
| **Vitamin D** | 8.9µg (178% RI) |
| **Vitamin E** | 2µg (17% RI) |

**Contains 450mg of omega-3 fatty acids per 100g (omega-3 EPA: 183mg; omega-3 DHA: 267mg).**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Smoked Salmon Nutrition Data Reference:

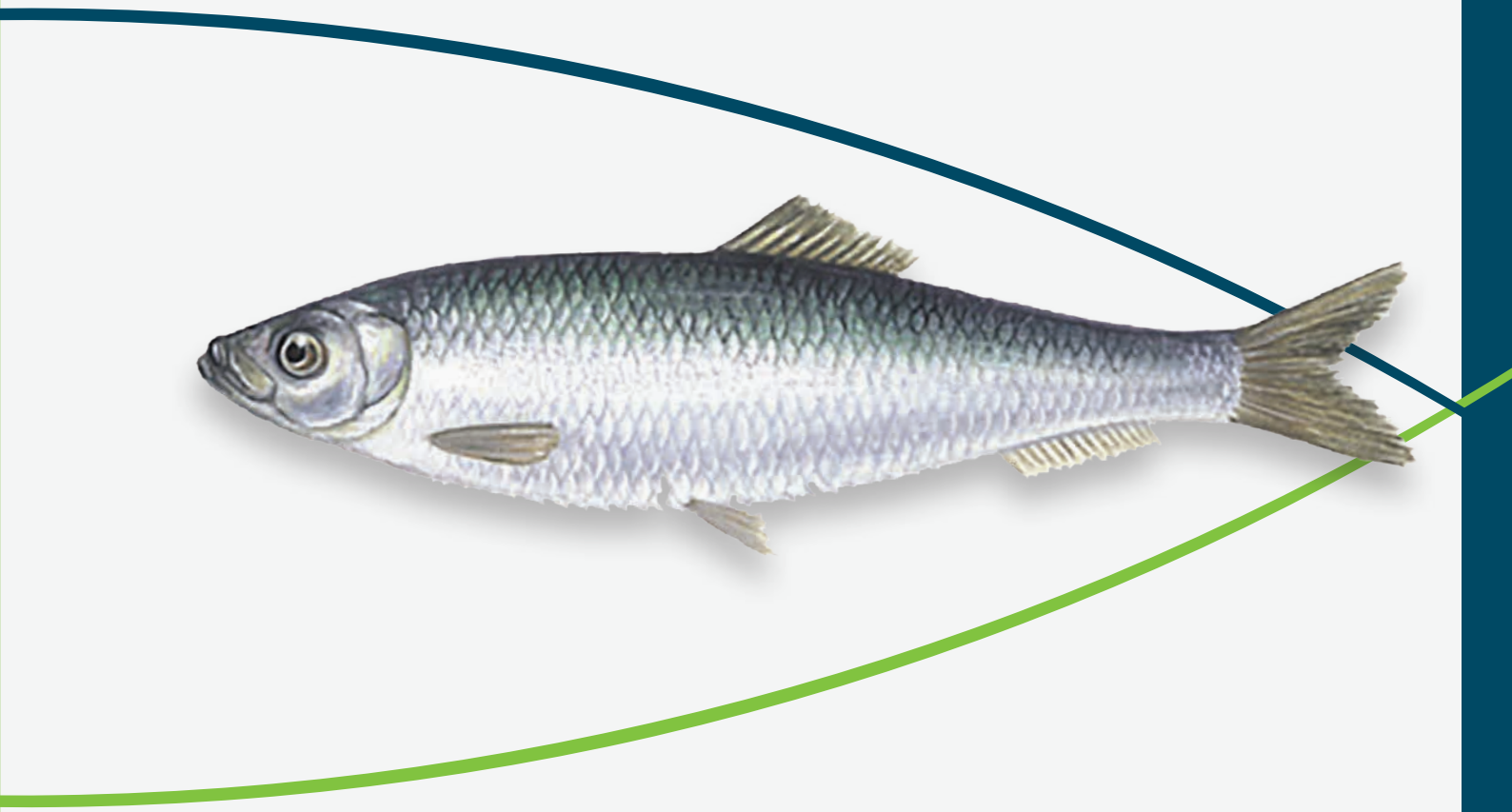
Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# **18 Sardines** *Sardina pilchardus*

**Key Nutrients**

Protein, Vitamin B12, Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6, Vitamin D, Potassium, Phosphorus, Selenium, Iodine.



## 18.1 Nutrition Claims for Sardines

The following nutrition claims may be made for Sardines (no bones):

| NUTRIENT | NUTRITION CLAIMS FOR SARDINES |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B2** (Riboflavin) | Source of riboflavin/A natural source of riboflavin |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B6** | Source of vitamin B6/A natural source of vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin D** | High in vitamin D/Naturally high in vitamin D |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | High in iodine/Naturally high in iodine |

## 18.2 Health Claims for Sardines

The following health claims may be made for Sardines. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SARDINES |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |
| **Vitamin B2** (Riboflavin) | Riboflavin contributes to normal energy-yielding metabolism<br>Riboflavin contributes to normal functioning of the nervous system<br>Riboflavin contributes to the maintenance of normal mucus membranes<br>Riboflavin contributes to the maintenance of normal red blood cells<br>Riboflavin contributes to the maintenance of normal skin<br>Riboflavin contributes to the maintenance of normal vision<br>Riboflavin contributes to the normal metabolism of iron<br>Riboflavin contributes to the protection of cells from oxidative stress<br>Riboflavin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SARDINES |
|---|---|
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |

## 18.3 Nutrition Labels for Sardines - Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Sardines – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| SARDINES | PER 100g RAW |
|---|---|
| **Energy** | 562kJ/134kcal |
| **Fat**<br>of which saturates | 6.1g<br>1.8g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 19.8g |
| **Salt** | 0.3g |

### Example 2: Sardines – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| SARDINES | PER 100g RAW |
|---|---|
| **Energy** | 562kJ/134kcal |
| **Fat**<br>of which saturates | 6.1g<br>1.8g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 19.8g |
| **Salt** | 0.3g |
| **Phosphorus** | 257mg (37% RI) |
| **Selenium** | 51µg (93% RI) |
| **Iodine** | 79µg (53% RI) |
| **Potassium** | 387mg (19% RI) |
| **Riboflavin** (Vitamin B2) | 0.34mg (24% RI) |
| **Niacin** (Vitamin B3) | 15.4mg (96% RI) |
| **Vitamin B6** | 0.31mg (22% RI) |
| **Vitamin B12** | 8.3µg (332% RI) |
| **Vitamin D** | 4µg (80% RI) |

### Example 3: Sardines – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only

As the nutrition information relates to the product when grilled, include grilling instructions.

| SARDINES | PER 100g GRILLED |
|---|---|
| **Energy** | 720kJ/172kcal |
| **Fat**<br>of which saturates | 7.8g<br>2.4g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 25.4g |
| **Salt** | 0.4g |

### Example 4: Sardines – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| SARDINES | PER 100g GRILLED |
|---|---|
| **Energy** | 720kJ/172kcal |
| **Fat**<br>of which saturates | 7.8g<br>2.4g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 25.4g |
| **Salt** | 0.4g |
| **Phosphorus** | 329mg (47% RI) |
| **Selenium** | 65µg (118% RI) |
| **Iodine** | 101µg (67% RI) |
| **Potassium** | 496mg (25% RI) |
| **Riboflavin** (Vitamin B2) | 0.39mg (28% RI) |
| **Niacin** (Vitamin B3) | 18.4mg (115% RI) |
| **Vitamin B6** | 0.36mg (26% RI) |
| **Vitamin B12** | 10.6µg (424% RI) |
| **Vitamin D** | 5.1µg (102% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Sardines Nutrition Data Reference:

Nutritics, December 2019.

# **19 Scallops** *Pecten maximus*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B3 (Niacin), Phosphorus, Selenium, Zinc.

## 19.1 Nutrition Claims for Steamed Scallops

The following nutrition claims may be made for scallops.

| NUTRIENT | NUTRITION CLAIMS FOR SCALLOPS |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |
| **Zinc** | Source of zinc/A natural source of zinc |

## 19.2 Health Claims for Steamed Scallops

The following health claims may be made for steamed scallops. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SCALLOPS |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SCALLOPS |
|---|---|
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function.<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |
| **Zinc** | Zinc contributes to normal carbohydrate metabolism<br>Zinc contributes to normal DNA synthesis<br>Zinc contributes to normal acid-base metabolism<br>Zinc contributes to normal cognitive function<br>Zinc contributes to normal fertility and reproduction<br>Zinc contributes to normal macronutrient metabolism<br>Zinc contributes to normal protein synthesis<br>Zinc contributes to the maintenance of normal bones<br>Zinc contributes to the maintenance of normal hair<br>Zinc contributes to the maintenance of normal nails<br>Zinc contributes to the maintenance of normal skin<br>Zinc contributes to the maintenance of normal testosterone levels in the blood<br>Zinc contributes to the maintenance of normal vision<br>Zinc contributes to the normal function of the immune system |

## 19.3 Nutrition Labels for Scallops - Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Scallops – Steamed

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when steamed, include steaming instructions.

| SCALLOPS | PER 100g STEAMED |
|---|---|
| Energy | 504kJ/119kcal |
| Fat<br>of which saturates | 1.4g<br>0.4g |
| Carbohydrate<br>of which sugars | 3.4g<br>0g |
| Protein | 23.2g |
| Salt | 0.5g |

### Example 2: Scallops – Steamed (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when steamed, include steaming instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| SCALLOPS | PER 100g STEAMED |
|---|---|
| **Energy** | 504kJ/119kcal |
| **Fat**<br>of which saturates | 1.4g<br>0.4g |
| **Carbohydrate**<br>of which sugars | 3.4g<br>0g |
| **Protein** | 23.2g |
| **Salt** | 0.5g |
| **Phosphorus** | 240mg (34% RI) |
| **Selenium** | 51µg (93% RI) |
| **Zinc** | 2.6mg (26% RI) |
| **Vitamin B3** (Niacin) | 5.9mg (37% RI) |
| **Vitamin B12** | 9µg (360% RI) |

**Contains 174mg of omega-3 fatty acids per 100g (omega-3 EPA: 71mg; omega-3 DHA: 103mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Scallops Nutrition Data Reference:

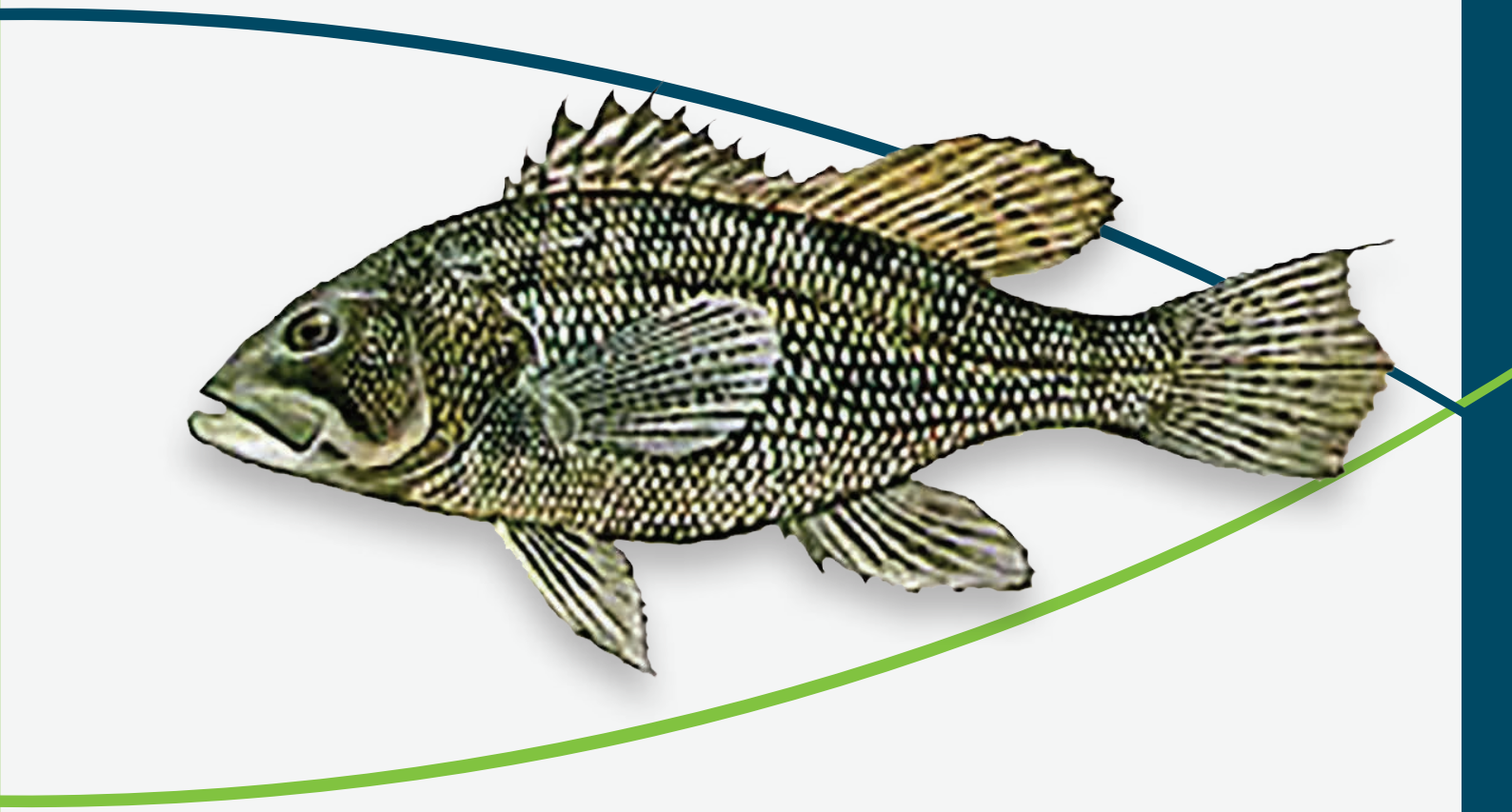
Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# 20 Seabass *Dicentrarchus labrax*

**Key Nutrients**

Protein, Vitamin B12, Vitamin B1 (Thiamin), Vitamin B3 (Niacin), Selenium, Phosphorus, Potassium, Omega-3.



## 20.1 Nutrition Claims for Seabass

The following nutrition claims may be made for Seabass:

| NUTRIENT | NUTRITION CLAIMS FOR SEABASS |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin B1 (Thiamin)** | High in thiamin/Naturally high in thiamin |
| **Vitamin B3 (Niacin)** | High in niacin/Naturally high in niacin |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Omega-3** | Naturally high in omega-3 fatty acids/High in omega-3 fatty acids |

## 20.2 Health Claims for Seabass

The following health claims may be made for Seabass. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SEABASS |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B1** (Thiamine) | Thiamine contributes to normal energy-yielding metabolism<br>Thiamine contributes to normal functioning of the nervous system<br>Thiamine contributes to normal psychological function<br>Thiamine contributes to the normal function of the heart |
| **Niacin** | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SEABASS |
|---|---|
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 20.3 Nutrition Labels for Seabass – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Seabass – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| SEABASS | PER 100g RAW |
|---|---|
| **Energy** | 703kJ/168kcal |
| **Fat**<br>of which saturates | 9.8g<br>2.2g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 20g |
| **Salt** | 0.2g |

### Example 2: Seabass – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| SEABASS | PER 100g RAW |
|---|---|
| Energy | 703kJ/168kcal |
| Fat<br>of which saturates | 9.8g<br>2.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 20g |
| Salt | 0.2g |
| Phosphorus | 202mg (29% RI) |
| Potassium | 370mg (19%) |
| Vitamin B12 | 3µg (120% RI) |
| Thiamin | 0.39mg (35% RI) |
| Niacin | 7.4mg (46% RI) |
| Selenium | 29µg (53% RI) |

**Contains 595mg of omega-3 fatty acids per 100g (omega-3 EPA: 161mg; omega-3 DHA 434mg)**

### Example 3: Seabass – Baked

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when baked, include baking instructions.

| SEABASS | PER 100g BAKED |
|---|---|
| Energy | 646kJ/154kcal |
| Fat<br>of which saturates | 6.8g<br>1.5g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 23.2g |
| Salt | 0.4g |

### Example 4: Seabass – Baked (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when baked, include baking instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| SEABASS | PER 100g BAKED |
|---|---|
| Energy | 646kJ/154kcal |
| Fat<br>of which saturates | 6.8g<br>1.5g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 23.2g |
| Salt | 0.4g |
| Phosphorus | 231mg (33% RI) |
| Potassium | 390mg (20%) |
| Vitamin B12 | 2.9µg (116% RI) |
| Thiamin | 0.19mg (17% RI) |
| Niacin | 7.5mg (47% RI) |
| Selenium | 24µg (44% RI) |

**Contains 770mg of omega-3 fatty acids per 100g (omega-3 EPA: 208mg; omega-3 DHA 562mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Seabass Nutrition Data Reference:

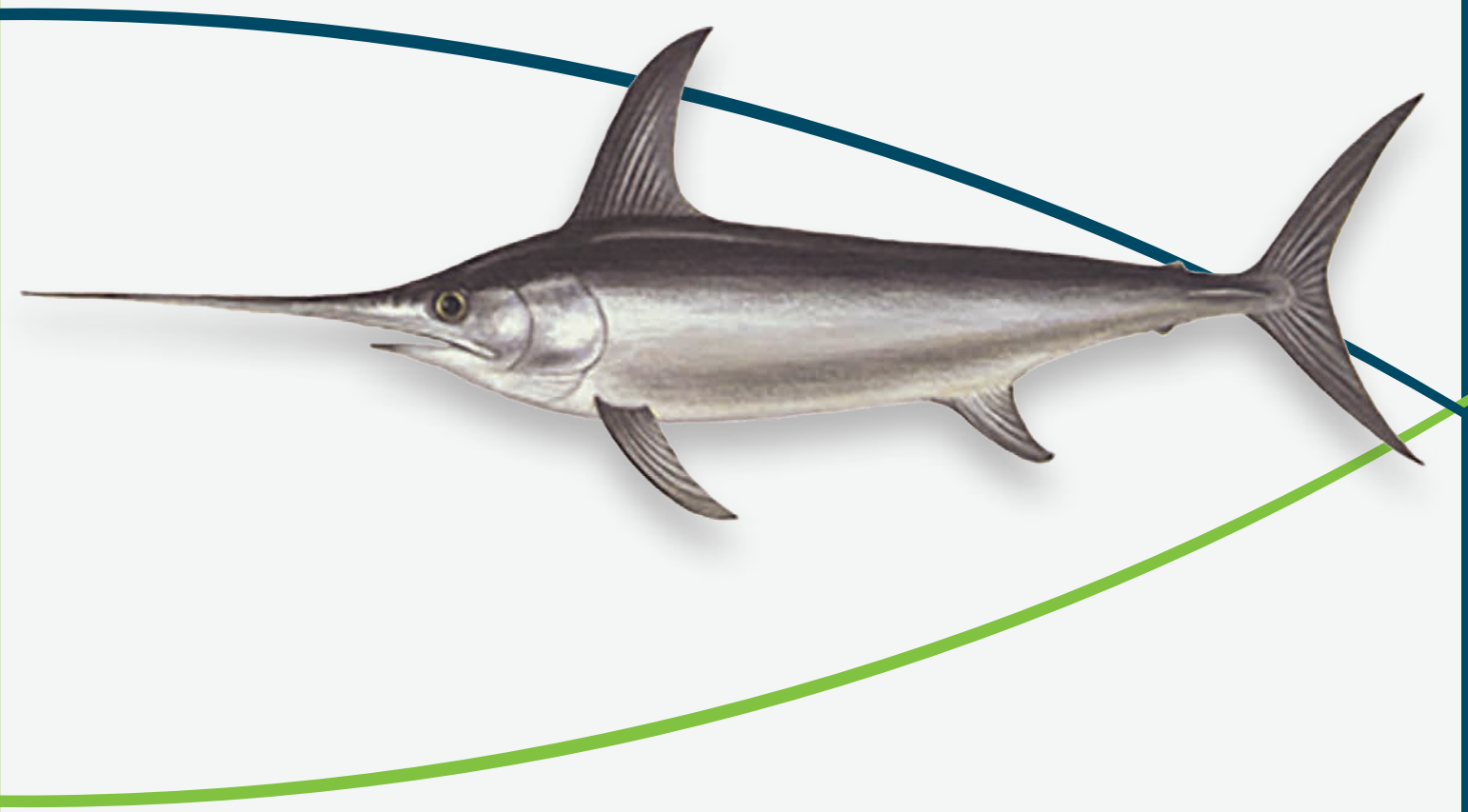
Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# 21 Swordfish *Xiphias gladius*

**Key Nutrients**

Protein, Omega-3, Vitamin B12, Vitamin B1 (Thiamin), Vitamin B3 (Niacin), Vitamin B6, Potassium, Phosphorus, Selenium.



## 21.1 Nutrition Claims for Swordfish

The following nutrition claims may be made for Swordfish:

| NUTRIENT | NUTRITION CLAIMS FOR SWORDFISH |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B1** (Thiamin) | Source of thiamin/A natural source of thiamin |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B6** | High in vitamin B6/Naturally high in vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 21.2 Health Claims for Swordfish

The following health claims may be made for Swordfish. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SWORDFISH |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B1** (Thiamin) | Thiamin contributes to normal energy-yielding metabolism<br>Thiamin contributes to normal functioning of the nervous system<br>Thiamin contributes to normal psychological function<br>Thiamin contributes to the normal function of the heart |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR SWORDFISH |
|---|---|
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 21.3 Nutrition Labels for Swordfish – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Swordfish – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| SWORDFISH | PER 100g RAW |
|---|---|
| **Energy** | 458kJ/109kcal |
| **Fat**<br>of which saturates | 4.1g<br>0.9g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 18g |
| **Salt** | 0.3g |

### Example 2: Swordfish – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| SWORDFISH | PER 100g RAW |
|---|---|
| **Energy** | 458kJ/109kcal |
| **Fat**<br>of which saturates | 4.1g<br>0.9g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 18g |
| **Salt** | 0.3g |
| **Phosphorus** | 260mg (37% RI) |
| **Selenium** | 45µg (82% RI) |
| **Potassium** | 350mg (18% RI) |
| **Vitamin B1** (Thiamin) | 0.16mg (15% RI) |
| **Niacin** (Vitamin B3) | 11.7mg (73% RI) |
| **Vitamin B6** | 0.51mg (36% RI) |
| **Vitamin B12** | 4µg (160% RI) |

**Contains 754mg of omega-3 fatty acids per 100g (omega-3 EPA: 107mg; omega-3 DHA: 647mg)**

### Example 3: Swordfish – Grilled

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when grilled, include grilling instructions.

| SWORDFISH | PER 100g GRILLED |
|---|---|
| Energy | 582kJ/138kcal |
| Fat<br>of which saturates | 5.2g<br>1.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 22.9g |
| Salt | 0.4g |

### Example 4: Swordfish – Grilled (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when grilled, include grilling instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| SWORDFISH | PER 100g GRILLED |
|---|---|
| Energy | 582kJ/138kcal |
| Fat<br>of which saturates | 5.2g<br>1.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 22.9g |
| Salt | 0.4g |
| Phosphorus | 340mg (49% RI) |
| Selenium | 57µg (104% RI) |
| Potassium | 450mg (23% RI) |
| Niacin (Vitamin B3) | 13.8mg (86% RI) |
| Vitamin B1 (Thiamin) | 0.19mg (17% RI) |
| Vitamin B6 | 0.59mg (42% RI) |
| Vitamin B12 | 5µg (200% RI) |

**Contains 899mg of omega-3 fatty acids per 100g (omega-3 EPA: 127mg; omega-3 DHA: 772mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

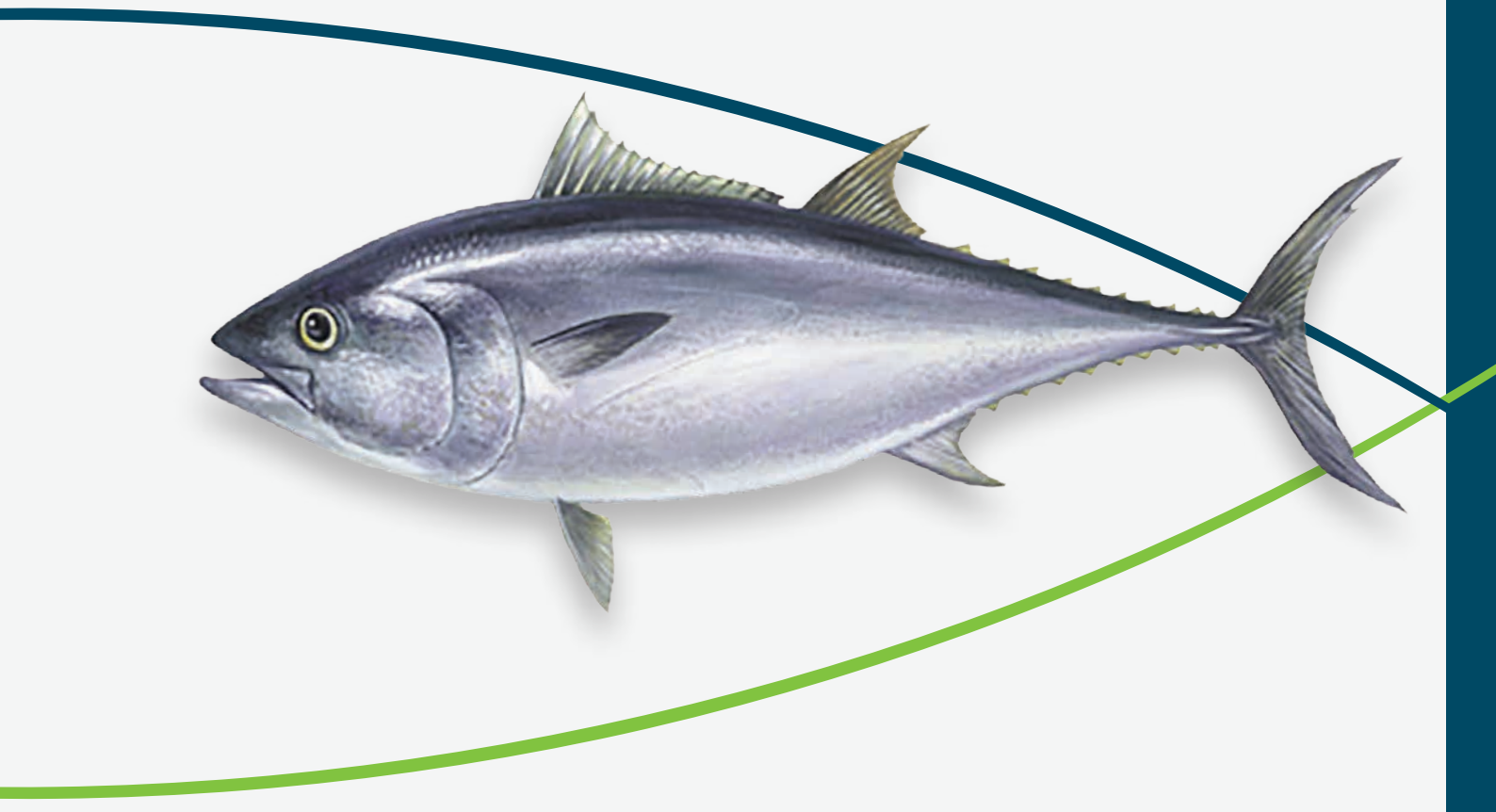
### Swordfish Nutrition Data Reference:

Nutritics, December 2019.

USDA National Nutrient Database for omega-3 values.

# 22 Tuna *Thunnus albacares*

**Key Nutrients:**
Protein, Vitamin B12, Vitamin B3 (Niacin), Vitamin B6, Vitamin D, Phosphorus, Potassium, Selenium, Iodine.



## 22.1 Nutrition Claims for Tuna

The following nutrition claims may be made for tuna:

| NUTRIENT | NUTRIENT CLAIM FOR TUNA |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Vitamin B3** (Niacin) | High in niacin/Naturally high in niacin |
| **Vitamin B6** | High in vitamin B6/Naturally high in vitamin B6 |
| **Vitamin B12** | High in vitamin B12/Naturally high in vitamin B12 |
| **Vitamin D** | High in vitamin D/Naturally high in vitamin D |
| **Phosphorus** | High in phosphorus/Naturally high in phosphorus |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | Source of iodine/A natural source of iodine |

## 22.2 Health Claims for Tuna

The following health claims may be made for tuna. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR TUNA |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin D** | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus<br>Vitamin D contributes to the maintenance of normal bones<br>Vitamin D contributes to the maintenance of normal teeth<br>Vitamin D contributes to normal blood calcium levels<br>Vitamin D contributes to the maintenance of normal muscle function<br>Vitamin D contributes to the normal function of the immune system |
| **Vitamin B3** (Niacin) | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR TUNA |
|---|---|
| **Vitamin B6** | Vitamin B6 contributes to normal energy-yielding metabolism<br>Vitamin B6 contributes to normal cysteine synthesis<br>Vitamin B6 contributes to normal functioning of the nervous system<br>Vitamin B6 contributes to normal homocysteine metabolism<br>Vitamin B6 contributes to normal psychological function<br>Vitamin B6 contributes to normal red blood cell formation<br>Vitamin B6 contributes to normal function of the immune system<br>Vitamin B6 contributes to contributes to the reduction of tiredness and fatigue<br>Vitamin B6 contributes to the regulation of hormonal activity |
| **Vitamin B12** | Vitamin B12 contributes to normal energy-yielding metabolism<br>Vitamin B12 contributes to normal functioning of the nervous system<br>Vitamin B12 contributes to normal homocysteine metabolism<br>Vitamin B12 contributes to normal psychological function<br>Vitamin B12 contributes to normal red blood cell formation<br>Vitamin B12 contributes to normal function of the immune system<br>Vitamin B12 contributes to the reduction of tiredness and fatigue<br>Vitamin B12 has a role in the process of cell division |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |

## 22.3 Nutrition Label for Tuna- Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Tuna- Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| TUNA | PER 100G RAW |
|---|---|
| Energy | 454kJ/107kcal |
| Fat<br>of which saturates | 0.7g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 25.2g |
| Salt | 0.17g |

### Example 2: Tuna – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no when health or nutrition claims are made.

| TUNA | PER 100G RAW |
|---|---|
| Energy | 454kJ/107kcal |
| Fat<br>of which saturates | 0.7g<br>0.2g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 25.2g |
| Salt | 0.17g |
| Phosphorus | 266mg (38% RI) |
| Selenium | 93µg (169% RI) |
| Potassium | 444mg (22% RI) |
| Vitamin B3 (Niacin) | 28mg (175% RI) |
| Vitamin B6 | 0.43mg (31% RI) |
| Vitamin B12 | 2.2µg (88% RI) |
| Vitamin D | 3.2µg (64% RI) |

### Example 3: Tuna- Baked

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when baked, include baking instructions.

| TUNA | PER 100G BAKED |
|---|---|
| Energy | 579kJ/136kcal |
| Fat<br>of which saturates | 0.8g<br>0.3g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 32.3g |
| Salt | 0.2g |

### Example 4: Tuna- Baked (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when baked, include baking instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| TUNA | PER 100G BAKED |
|---|---|
| **Energy** | 579kJ/136kcal |
| **Fat**<br>of which saturates | 0.8g<br>0.3g |
| **Carbohydrate**<br>of which sugars | 0g<br>0g |
| **Protein** | 32.3g |
| **Salt** | 0.2g |
| **Phosphorus** | 290mg (41% RI) |
| **Selenium** | 92µg (167% RI) |
| **Iodine** | 23µg (15% RI) |
| **Potassium** | 450mg (23% RI) |
| **Vitamin B3** (Niacin) | 24.9mg (156% RI) |
| **Vitamin B6** | 0.23mg (16% RI) |
| **Vitamin B12** | 2.2µg (88% RI) |
| **Vitamin D** | 3.1µg (62% RI) |

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

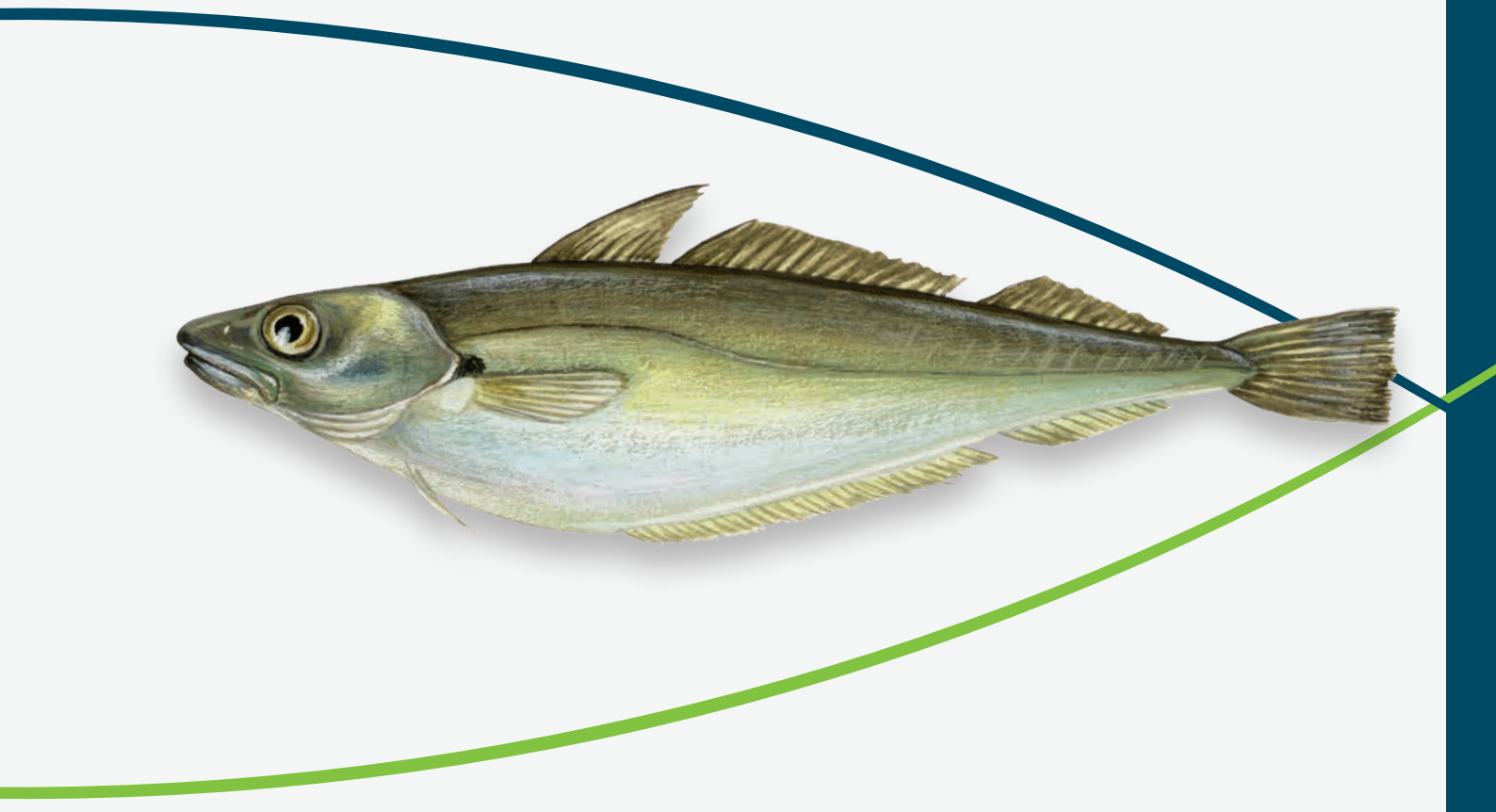
### Nutrition Data Reference:

Nutritics April 2020.

# 23 Whiting *Merlangius merlangus*

**Key Nutrients**

Protein, Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Potassium, Phosphorus, Selenium, Iodine, Omega-3.



## 23.1 Nutrition Claims for Whiting

The following nutrition claims may be made for whiting:

| NUTRIENT | NUTRITION CLAIMS FOR WHITING |
|---|---|
| **Protein** | High in protein/Naturally high in protein |
| **Fat** | Naturally low in fat/Low in fat |
| **Salt** | Low in salt/Naturally low in salt |
| **Riboflavin** | Source of riboflavin/A natural source of riboflavin |
| **Niacin** | High in niacin/Naturally high in niacin |
| **Potassium** | Source of potassium/A natural source of potassium |
| **Phosphorus** | Source of phosphorus/A natural source of phosphorus |
| **Selenium** | High in selenium/Naturally high in selenium |
| **Iodine** | High in iodine/Naturally high in iodine |
| **Omega-3** | High in omega-3/Naturally high in omega-3 |

## 23.2 Health Claims for Whiting

The following health claims may be made for whiting. If you use a health claim you must list the amount of the nutrient and the percentage of the RI on the nutrition label.

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR WHITING |
|---|---|
| **Protein** | Protein contributes to a growth in muscle mass<br>Protein contributes to the maintenance of muscle mass<br>Protein contributes to the maintenance of normal bones |
| **Vitamin B2 (Riboflavin)** | Riboflavin contributes to normal energy-yielding metabolism<br>Riboflavin contributes to normal functioning of the nervous system<br>Riboflavin contributes to the maintenance of normal mucus membranes<br>Riboflavin contributes to the maintenance of normal red blood cells<br>Riboflavin contributes to the maintenance of normal skin<br>Riboflavin contributes to the maintenance of normal vision<br>Riboflavin contributes to the normal metabolism of iron<br>Riboflavin contributes to the protection of cells from oxidative stress<br>Riboflavin contributes to the reduction of tiredness and fatigue |

| NUTRIENT | PERMITTED HEALTH CLAIMS FOR WHITING |
|---|---|
| **Vitamin B3 (Niacin)** | Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism<br>Niacin contributes to normal functioning of the nervous system<br>Niacin contributes to the maintenance of normal mucous membranes<br>Niacin contributes to the maintenance of normal skin<br>Niacin contributes to the reduction of tiredness and fatigue<br>Niacin contributes to normal psychological function<br>Niacin contributes to normal energy-yielding metabolism |
| **Potassium** | Potassium contributes to normal functioning of the nervous system<br>Potassium contributes to normal muscle function<br>Potassium contributes to maintenance of normal blood pressure |
| **Phosphorus** | Phosphorus contributes to the maintenance of normal teeth<br>Phosphorus contributes to normal energy-yielding metabolism<br>Phosphorus contributes to normal function of cell membranes<br>Phosphorus contributes to the maintenance of normal bones |
| **Selenium** | Selenium contributes to the maintenance of normal hair<br>Selenium contributes to normal spermatogenesis<br>Selenium contributes to the maintenance of normal nails<br>Selenium contributes to the normal thyroid function<br>Selenium contributes to the protection of cells from oxidative stress<br>Selenium contributes to the normal function of the immune system |
| **Iodine** | Iodine contributes to the normal production of thyroid hormones and normal thyroid function<br>Iodine contributes to normal cognitive function<br>Iodine contributes to normal energy-yielding metabolism<br>Iodine contributes to normal functioning of the nervous system<br>Iodine contributes to the maintenance of normal skin |
| **Omega-3 DHA** | 250mg of DHA per day contributes to maintenance of normal brain function<br>250mg of DHA per day contributes to the maintenance of normal vision |
| **Omega-3 DHA and EPA** (together) | 250mg of EPA and DHA per day contributes to the normal function of the heart |

## 23.3 Nutrition Labels for Whiting – Examples

Unprocessed fish that comprise a single ingredient or category of ingredients does not have to give nutritional information unless a nutrition or health claim is made.

### Example 1: Whiting – Raw

Use when providing nutrition information on a voluntary basis and when no nutrition or health claims are made.

| WHITING | PER 100g RAW |
|---|---|
| Energy | 344kJ/81kcal |
| Fat<br>of which saturates | 0.7g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 18.7g |
| Salt | 0.23g |

### Example 2: Whiting – Raw (with Supplementary Information)

Use when providing nutrition information on a voluntary basis and when no health or nutrition claims are made.

| WHITING | PER 100g RAW |
|---|---|
| Energy | 344kJ/81kcal |
| Fat<br>of which saturates | 0.7g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 18.7g |
| Salt | 0.23g |
| Riboflavin | 0.3mg (22% RI) |
| Niacin | 5.2mg (33% RI) |
| Phosphorus | 170mg (24% RI) |
| Selenium | 21µg (38% RI) |
| Iodine | 67µg (45% RI) |
| Potassium | 330mg (17% RI) |

**Contains 100mg omega-3 fatty acids per 100g (omega-3-EPA: 0mg, omega 3-DHA: 100mg)**

### Example 3: Whiting – Steamed

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients only.

As the nutrition information relates to the product when steamed, include steaming instructions.

| WHITING | PER 100g STEAMED |
|---|---|
| Energy | 389kJ/92kcal |
| Fat<br>of which saturates | 0.9g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 20.9g |
| Salt | 0.28g |

### Example 4: Whiting – Steamed (with Supplementary Information)

Use when providing nutrition information:

- on a voluntary basis or
- when health/nutrition claim is made relating to one of the listed nutrients.

As the nutrition information relates to the product when steamed, include steaming instructions.

**Note:** Only need to provide the information for the vitamin/mineral mentioned in health/nutrition claim but all those listed below are optional.

| WHITING | PER 100g STEAMED |
|---|---|
| Energy | 389kJ/92kcal |
| Fat<br>of which saturates | 0.9g<br>0.1g |
| Carbohydrate<br>of which sugars | 0g<br>0g |
| Protein | 20.9g |
| Salt | 0.28g |
| Riboflavin | 0.3mg (22% RI) |
| Niacin | 5.7mg (36% RI) |
| Phosphorus | 190mg (27% RI) |
| Selenium | 25µg (45% RI) |
| Iodine | 80µg (53% RI) |
| Potassium | 400mg (20% RI) |

**Contains 100mg omega-3 fatty acids per 100g (omega-3-EPA: 0mg, omega 3-DHA: 100mg)**

### Other examples

See section A (3) for details of Front of Pack (FoP) nutritional labelling as well as other options such as labelling per portion or consumption unit.

### Whiting Nutrition Data Reference:

Nutritics, December 2019
USDA National Nutrient Database for omega-3 values.

### Omega-3 Values Source:

*Fish and Fish products*. Holland, B. Brown, J. and Buss, D.H. (1993). The third supplement to McCance and Widdowson's The Composition of Foods (5th Edition). Royal Society of Chemistry, Cambridge.

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