

Cod

Contains: Omega-3, Potassium, Phosphorus
High in: Protein, Niacin, Vitamin B12, Selenium, Iodine

Nutrition information per 100g (boiled)

Macronutrients		% Reference Intake
Energy (kJ)	320	4
Energy (kcal)	75	4
Fat (g)	0.6	1
Of which saturates (g)	0.2	1
Of which monounsaturates (g)	0.1	
Of which polyunsaturates (g)	0.1	
Omega-3 – EPA + DHA (mg)	70	
Of which EPA (mg)	20	
Of which DHA (mg)	50	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugar (g)	0	0
Protein (g)	17.5	35
Salt (g)	0.2	3

- Low in fat
- Low in saturates
- Low in sugars
- Low in salt

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

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	2	Tr
Vitamin D (mcg)	Tr	Tr
Vitamin E (mg)	0.66	6
Thiamin (B1) (mg)	0.06	5
Riboflavin (B2) (mg)	0.08	6
Niacin (B3) (mg)	4.9	31
Vitamin B6 (mg)	0.14	10
Vitamin B12 (mcg)	1.5	60
Folate (mcg)	7	4
Pantothenic acid (mg)	0.25	4
Biotin (mcg)	1	2
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	322	16
Calcium (mg)	12	2
Magnesium (mg)	25	7
Phosphorus (mg)	169	24
Iron (mg)	0.1	1
Copper (mg)	0.02	2
Zinc (mg)	0.3	3
Manganese (mg)	0.01	1
Selenium (mcg)	23	42
Iodine (mcg)	196	131

Nutritional Profile

Cod

The benefits of macronutrients, vitamins and minerals



Protein

- contributes to a growth in muscle mass
- contributes to the maintenance of muscle mass
- contributes to the maintenance of normal bones
- is needed for normal growth and development of bone in children

Niacin (Vitamin B3)

- the maintenance of normal skin
- the reduction of tiredness and fatigue
- the normal functioning of the nervous system
- normal psychological function
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes

Vitamin B12

- the reduction of tiredness and fatigue
- the normal function of the immune system
- the normal functioning of the nervous system
- normal red blood cell formation
- normal psychological function
- normal energy-yielding metabolism
- normal homocysteine metabolism
- has a role in the process of cell division

Potassium

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

Phosphorus

- the maintenance of normal bones
- the maintenance of normal teeth
- is needed for the normal growth and development of bone in children
- normal energy-yielding metabolism
- normal function of cell membranes

Selenium

- the maintenance of normal hair
- the maintenance of normal nails
- the normal function of the immune system
- the normal thyroid function
- the protection of cells from oxidative damage
- normal spermatogenesis

Iodine

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

Omega-3

DHA and EPA

- the normal function of the heart (the claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim 'source of omega-3 fatty acids'. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of EPA and DHA)

DHA

- the maintenance of normal brain function (the claim may be used only for food which contains at least 40mg DHA per 100g and per 100kcal. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of EPA and DHA)
- the maintenance of normal vision (the claim may be used only for food which contains at least 40mg DHA per 100g and per 100kcal. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of EPA and DHA)