

# Super Seafood

## NUTRITIONAL INFORMATION FOR SEAFOOD LABELLING AND PACKAGING

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This fact sheet provides seafood producers, processors and retailers with the most up to date analysis of the nutritional value of Australian seafood. The information in this fact sheet is based on comprehensive laboratory testing conducted on fresh Australian seafood during 2011. This is the first major update of seafood nutritional information in more than ten years.

This new information can be used to support marketing claims based on nutrition and to prepare nutrition information panels required on seafood products. Because the information has been rigorously checked, is based on Australian seafood, and includes species not previously analysed, it has been accepted by the food standards regulatory body, Food Standards Australia & New Zealand (FSANZ). The raw data will be included in the next update of the Nutritional Panel Calculator database (NUTTAB) which is located on the FSANZ website, for use by all companies. (See [foodstandards.gov.au](http://foodstandards.gov.au))

To assist companies to use this new information immediately, this fact sheet includes a Nutrition Information Panel, a Seafood Facts Nutrition Summary and a Percentage Daily Intake (%DI) comparison. These can be downloaded for free as jpeg and eps images at [seafoodcrc.com/superseafood](http://seafoodcrc.com/superseafood)

The research on which these results are based was conducted by the South Australian Research and Development Institute on behalf of the Seafood CRC. Full copies of the test results for all 21 fish species analysed are available from the Seafood CRC.

### LABEL GUIDELINES

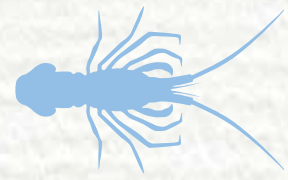
If you package your seafood products or make claims about their nutritional value, the product label must include a Nutrition Information Panel.

If you make nutritional claims FSANZ also specifies the minimum analytical basis of those claims, and the terminology which can and cannot be used to describe the health properties of foods. For example:

- For a product to be described as a “good source” it must contain at least 25% of the recommended daily intake of that nutrient for adults.
- A product can only be described as a “source” if it contains at least 10% of the recommended daily intake for the appropriate nutrient.
- There are limits which any food must meet before a “low in” claim can be made. For example, “low salt” and “low fat”.

Following is a set of Seafood Nutrition Summary Facts you may wish to use as a guide to making claims about nutritional value.

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# WILD SOUTHERN ROCK LOBSTER

*Jasus edwardsii*

NUTRITIONAL INFORMATION FOR SEAFOOD LABELLING AND PACKAGING

## AUSTRALIAN FOOD AND GROCERY COUNCIL – DAILY INTAKE GUIDE

Some companies may already be using the AFGC “Front of Pack” symbols shown below. All companies are eligible to use this as long as you sign the AFGC Code of Practice for Food Labelling and Promotion. The information in this fact sheet can be inserted into the Daily Intake Guide symbols. There is a range of symbols available for various food ingredients. The AFGC supports this initiative with consumer and technical information, all of which is available at [afgc.org.au](http://afgc.org.au)

## WILD SOUTHERN ROCK LOBSTER – RAW TAIL MEAT



PER100g SERVE

\*Percentage daily intakes are based on an average adult diet of 8,700kJ. Your daily intakes may be higher or lower depending on your energy needs.

## NUTRITION INFORMATION

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WILD SOUTHERN ROCK LOBSTER - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
<b>ENERGY</b>	358kJ	4.1	358kJ
<b>PROTEIN</b>	20.2g	40.4	20.2g
<b>FAT, TOTAL</b>	0.69g	1.0	0.69g
saturated	0.191g	0.8	0.191g
trans	0.003g		0.003g
polyunsaturated	0.296g		0.296g
omega 3	0.165g		0.165g
docosahexaenoic acid	93mg	310.0	93mg
eicosapentaenoic acid	51.8mg	172.7	51.8mg
monounsaturated	0.2g		0.2g
<b>CARBOHYDRATE</b>	0g	0	0g
sugars	0g	0	0g
<b>SODIUM</b>	283mg	12.3	283mg
<b>PHOSPHOROUS</b>	288mg	28.8	288mg
<b>MAGNESIUM</b>	40.6mg	12.7	40.6mg
<b>ZINC</b>	2mg	16.7	2mg
<b>VITAMIN E</b>	2mg	20.0	2mg

\*Percentage daily intakes are based on an average adult diet of 8,700kJ. Your daily intakes may be higher or lower depending on your energy needs.

## FISH NUTRITION FACTS

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Wild Southern Rock Lobster has naturally high levels of many nutrients which contribute to a healthy lifestyle.

### A GOOD SOURCE OF OMEGA 3

Omega 3 (specifically EPA+DHA) contains anti-inflammatory properties which can reduce the risk of heart disease and arthritis symptoms and are believed to reduce the risk of developing some cancers.

### A GOOD SOURCE OF PHOSPHOROUS

Phosphorous (phosphate) helps to protect the bloods acid/base balance and transports energy.

### A SOURCE OF VITAMIN E

Vitamin E is an anti-oxidant found in oils from fish and in vegetables. Anti-oxidants are associated with resistance to diseases such as cancer and coronary heart disease.

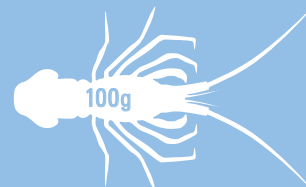
## OMEGA 3 COMPARISON

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683 GRAMS CHICKEN BREAST (APPROX. 7 X 100 GRAM LEAN CHICKEN FILLETS)

**equals**



100 GRAMS WILD SOUTHERN ROCK LOBSTER

## MORE INFORMATION

The ingredient values contained in the Nutrition Information Panel and the Seafood Nutrition Summary Facts in this document were obtained from analysis of raw seafood. These values will change if your product is cooked, smoked or otherwise treated. The FSANZ Nutritional Panel Calculator contains a range of cooking factors that you can use to produce the correct values for your product. However, please note that the nutritional values in the calculator will differ from those in this fact sheet.



AUSTRALIAN SEAFOOD COOPERATIVE RESEARCH CENTRE



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These *Seafood Nutrition Summary Graphics* and other useful resources such as the *Industry Guidelines for Seafood and Health Nutrition Messages* produced by the Centre of Excellence Science Seafood and Health are all available for download at [seafoodcrc/superseafood](http://seafoodcrc/superseafood)

The Seafood CRC strongly recommends that you also consult the *FSANZ Nutrition Information User Guide* available at [foodstandards.gov.au](http://foodstandards.gov.au).