

# Nutritional labelling of clipfish, saltfish & final products

Nutritional labelling has become mandatory in the present EU regulation on the provision of food information to consumers (Regulation EU 1169/2011), and this regulation has fully entered into force. The updating of nutritional information, according to labelling criteria, has been carried out in wet salted & dried salted cod (*Gadus morhua*), and dried salted saithe (*Pollachius virens*), ling (*Molva molva*) & tusk (*Brosme brosme*).

Nutritional information	Wet salted cod	
	Per 100g	
Energy	378 kJ	89 kcal
Fat	<0,5	g
of which saturates	<0,1	g
monounsaturated	<0,1	g
polyunsaturated	<0,1	g
Carbohydrates	<0,5	g
of which sugars	<0,5	g
Protein	22	g
Salt	18,0	g

Nutritional information	Dried salted cod (7/8) – Type B	
	Per 100g	
Energy	448 kJ	106 kcal
Fat	<0,5	g
of which saturates	<0,1	g
monounsaturated	<0,1	g
polyunsaturated	<0,1	g
Carbohydrates	<0,5	g
of which sugars	<0,5	g
Protein	26	g
Salt	18,7	g

Nutritional information	Dried salted cod (7/8) – Type A	
	Per 100g	
Energy	503 kJ	119 kcal
Fat	<0,5	g
of which saturates	<0,1	g
monounsaturated	<0,1	g
polyunsaturated	<0,1	g
Carbohydrates	0,5	g
of which sugars	<0,5	g
Protein	29	g
Salt	18,3	g

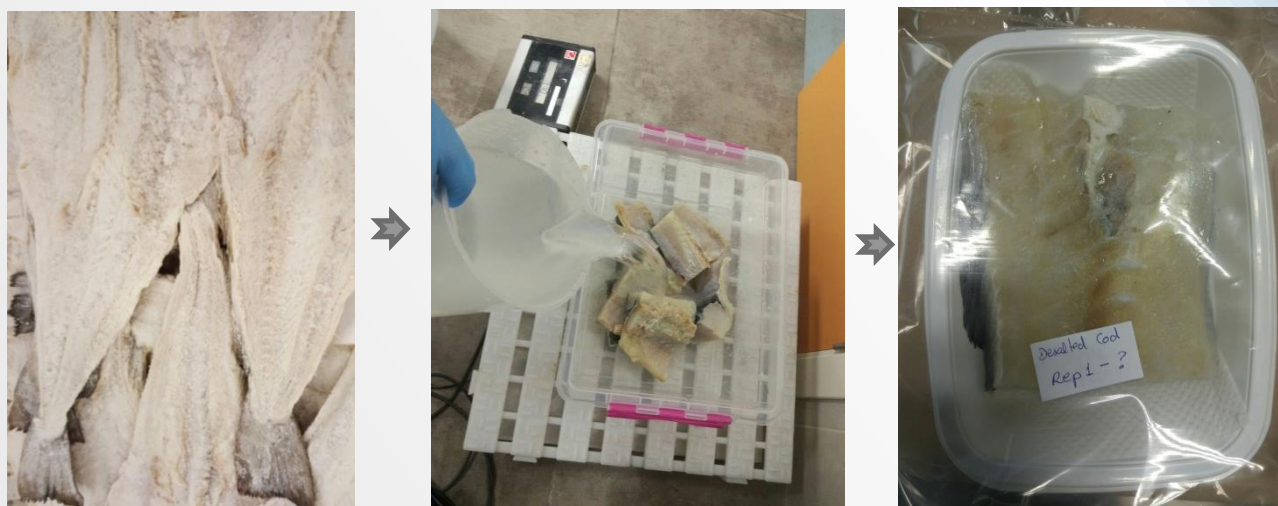
Nutritional information	Dried salted saithe (7/8)	
	Per 100g	
Energy	472 kJ	111 kcal
Fat	0,5	g
of which saturates	0,1	g
monounsaturated	0,2	g
polyunsaturated	0,2	g
Carbohydrates	0,6	g
of which sugars	-	g
Protein	26	g
Salt	18,6	g

Nutritional information	Dried salted ling (7/8)	
	Per 100g	
Energy	516 kJ	122 kcal
Fat	<0,5	g
of which saturates	<0,1	g
monounsaturated	<0,1	g
polyunsaturated	<0,1	g
Carbohydrates	0,5	g
of which sugars	-	g
Protein	29	g
Salt	17,8	g

Nutritional information	Dried salted tusk (7/8)	
	Per 100g	
Energy	504 kJ	119 kcal
Fat	<0,5	g
of which saturates	<0,1	g
monounsaturated	<0,1	g
polyunsaturated	<0,1	g
Carbohydrates	<0,5	g
of which sugars	<0,5	g
Protein	29	g
Salt	19,0	g

Minerals (mg/100g)	Wet salted cod	Dried salted cod (7/8) – type B	Dried salted cod (7/8) – type A	Dried salted Saithe (7/8)	Dried salted Ling (7/8)	Dried salted Tusk (7/8)
Potassium (n=6)	238 ± 65	218 ± 34	304 ± 40	236 ± 39	283 ± 62	249 ± 21
Phosphorus (n=6)	133 ± 45	114 ± 20	139 ± 19	124 ± 17	163 ± 69	112 ± 30
Calcium (n=3)	37 ± 3	72 ± 55	41 ± 2	36 ± 6	-	81 ± 53
Magnesium (n=3)	39 ± 5	68 ± 28	61 ± 7	47 ± 11	56 ± 24	53 ± 16
Zinc (n=3)	<0,8	<0,8	<0,8	<0,8	<0,8	<0,8
Water activity (n=4)	0,756± 0,005	0,751± 0,004	0,749± 0,002	0,751± 0,001	0,751± 0,004	0,748± 0,004

**Desalting for 72 h at 2°C with three water changes (8h, 24h, 48h) was performed to get nutritional facts in final packed (MAP) desalted products.**



Nutritional information	Desalted cod		Nutritional information	Desalted saithe		Nutritional information	Desalted Ling		Nutritional information	Desalted tusk	
	Per 100g			Per 100g			Per 100g			Per 100g	
Energy	284	67	Energy	368	87	Energy	395	93	Energy	386	91
	kJ	kcal		kJ	kcal		kJ	kcal		kJ	kcal
Fat	<0,5	g	Fat	0,7	g	Fat	<0,5	g	Fat	<0,5	g
of which			of which			of which			of which		
saturates	<0,1	g	saturates	0,2	g	saturates	<0,1	g	saturates	<0,1	g
monounsaturated	<0,1	g	monounsaturated	0,3	g	monounsaturated	<0,1	g	monounsaturated	<0,1	g
polyunsaturated	<0,1	g	polyunsaturated	0,2	g	polyunsaturated	<0,1	g	polyunsaturated	<0,1	g
Carbohydrates	<0,5	g	Carbohydrates	<0,5	g	Carbohydrates	<0,5	g	Carbohydrates	<0,5	g
of which			of which			of which			of which		
sugars	<0,5	g	sugars	<0,5	g	sugars	<0,5	g	sugars	<0,5	g
Protein	15,8	g	Protein	19,7	g	Protein	22,6	g	Protein	21,1	g
Salt	2,1	g	Salt	2,8	g	Salt	2,1	g	Salt	3,2	g