DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release MONDAY, NOVEMBER 11, 1940

Good news for those who enjoy such delicacies as "Crab Louis", "Imperial Crab", and "Deviled Crab"--not a nightmare in the lot!

Long held a leader in appetite appeal, crab meat now may be included in the class of foods advertised and referred to as being "highly nutritious". What is more, the protein element of crab meat is "very digestible."

For the past few years a series of studies have been going on quietly at the College Park, Maryland, technological laboratory of the Fish and Wildlife Service, United States Department of the Interior, conducted by scientists Wm. B. Lanham, Jr., Charles F. Lee, and Hugo W. Nilson. Now the results of their investigations have just been released.

They reveal, for example, that "the biological value of the protein of crab meat equals or is slightly superior to that of beef round.

"But", the investigators hasten to add, "the difference noted should not be over-emphasized, since a statistical study shows that the difference in value between canned claw meat of crab, and beef, is barely of statistical significance; and of the difference between imported Japanese crab meat and beef, 8 percent is due to experimental error and 92 percent to actual difference in the biological value of the protein. A difference of this degree is considered merely 'indicative', therefore, but not statistically significant."

Proteins, minerals, and vitamins are the principal food elements in crab meat. One of the purposes of this crab meat study was to determine the nutritive value of the protein and mineral content of the various types of crab meat.

A study of the comparative digestibility of crab meat was also conducted. Chilled white meat of blue crab rated 91.3 percent in digestibility value; canned blue crab white meat, 93.3 percent; King crab (imported Japanese canned meat), 98.8 percent; Dungeness crab (canned meat), 88.3 percent.

In general, the crab meat preparations studied were found to be excellent sources of the several mineral elements essential in the nutrition of man.