

## The nutritional and healthy facts about shellfish



# Oysters

There are two species of oysters consumed in the UK: the **Native oyster** (or flat oyster) and the **Pacific oyster** (or rock oyster). Natives can only be eaten when there is an 'r' in the month!

Rich in **Zinc** | **Vitamin B12** | **Copper**

Good source of **Iron** | **Vitamin D** | **Iodine**

Per 100g of raw oysters	RDA for adult men	RDA for adult women
<b>Zinc</b>	<b>623%</b>	<b>845%</b>
<b>Copper</b>	<b>625%</b>	<b>625%</b>
<b>Vitamin B12</b>	<b>1133%</b>	<b>1133%</b>
<b>Iron</b>	<b>67%</b>	<b>39%</b>
<b>Vitamin D</b>	<b>20%</b>	<b>20%</b>
<b>Iodine</b>	<b>43%</b>	<b>43%</b>

### What is Omega-3?

Omega-3 is the name for a type of fat found in oil-rich seafood. These fats cannot be made in the body, so a dietary supply is essential.



### What are the benefits of Omega-3?

Their benefits are numerous and more are being found. Quite notably they can help protect the heart and are believed to reduce the risks of developing some forms of cancers.

### Oysters & Omega-3

Eating foods which are naturally rich in omega-3 remains the best way for health conscious consumers to up their intake. Most species of shellfish are either 'rich' or 'good' sources.

### Oysters are a rich source:

**Six Pacific oysters represents 43% of your recommended weekly intake of Omega-3.**

**Six Native oysters represents 40% of your recommended weekly intake of Omega-3 (based on a recommended 3000mg weekly intake)**

### Why are these important?

- **Zinc** helps process the carbohydrate, fat and protein in the food we eat and assists with the healing of wounds. (Oysters contain nearly 50 times the amount of zinc that is found in chicken).
- **Copper** helps produce red and white blood cells and triggers the release of iron to form haemoglobin. It is also important for infant growth, brain development, the immune system and for strong bones.
- **Vitamin B12** This vitamin is important for the normal functioning of the brain and nervous system and plays a key role in the formation of red blood cells.
- **Iron** is key in the making the red blood cells that carry oxygen around the body. Iron deficiency can result in anaemia.
- **Vitamin D** helps regulate the amount of calcium and phosphate in the body, to help keep bones and teeth healthy.
- **Iodine**, naturally present in seawater, is a key constituent of the thyroid hormones, essential for the good functioning of the metabolic rate and to keep cells healthy.

### Did you know...

- Zinc is used in the production of testosterone which explains why oysters, which are particularly rich in zinc, are often cited as having aphrodisiacal properties.
- Oysters contain over 8 times more iron than is found in chicken.

**LOW** Fat  
1.3g | 1.9% RDA

**LOW** Saturated Fat  
0.2g | 1.0% RDA

**LOW** Sugars  
Trace | 0% RDA

**MED** Salt  
1.3g | 21.3% RDA

**65** Calories  
3.3% RDA

Per 100g serving



Additional macronutrients content of oysters (for 100g of raw oysters)

	RDA for adult men	RDA for adult women
<b>Protein</b>	<b>20%</b>	<b>24%</b>
<b>Vitamin A</b> (Retinol)	<b>11%</b>	<b>12%</b>
<b>Vitamin E</b>	<b>21%</b>	<b>28%</b>
<b>Vitamin B1</b> (Thiamin)	<b>15%</b>	<b>19%</b>
<b>Vitamin B2</b> (Riboflavin)	<b>15%</b>	<b>17%</b>
<b>Niacin</b>	<b>11%</b>	<b>14%</b>
<b>Vitamin B6</b>	<b>11%</b>	<b>13%</b>
<b>Sodium</b>	<b>32%</b>	<b>32%</b>
<b>Potassium</b>	<b>7%</b>	<b>7%</b>
<b>Calcium</b>	<b>20%</b>	<b>20%</b>
<b>Magnesium</b>	<b>14%</b>	<b>16%</b>
<b>Phosphorous</b>	<b>38%</b>	<b>38%</b>
<b>Chloride</b>	<b>33%</b>	<b>33%</b>

All nutritional facts and figures contained in these factsheets are from **“The Nutritional Benefits of Shellfish”** – a fully referenced report by the Shellfish Association of Great Britain.

### 5 good reasons to include shellfish regularly in your diet

- 1 Shellfish provide proteins, vitamins and minerals, are low in fat and a wonderful source of the Omega-3 fatty acid.
- 2 Contrary to the old wife’s tale, eating shellfish does not raise blood cholesterol.
- 3 Shellfish are low in calories, which is perfect for weight loss!
- 4 Different shellfish have different health benefits so, to make the most of these, we should vary the types we eat. With over thirty UK species available to us, there’s no excuse not to try something new – good news for our taste buds and our health!
- 5 A portion of shellfish constitutes one of your recommended “two-a-week” portions of seafood.



Need to know how to prepare & cook shellfish? See our “how to” videos at: [www.youtube.com/shellfishGB](http://www.youtube.com/shellfishGB)

#### **Shellfish – your friends for life!**

Further factsheets are available from [www.shellfish.org](http://www.shellfish.org) or call 020 7283 8305



Shellfish  
Association of Great Britain