



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

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

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.



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.

Need to know how to prepare & cook shellfish?
See our "how to" videos at:
www.youtube.com/shellfishGB

Shellfish – your friends for life!

Further factsheets are available from
www.shellfish.org or call 020 7283 8305



Shellfish Association of Great Britain