

The nutritional and healthy facts about shellfish



Lobster

Lobsters are the most recognisable of shellfish. Two varieties are commonly sold in the UK; the native lobster and the smaller, imported, American (or Canadian) lobster.

Rich in **Iodine** | **Selenium** | **Vitamin B12** | **Copper**
Good source of **Vitamin E** | **Phosphorous** | **Protein**

Per 100g of boiled lobster	RDA for adult men	RDA for adult women
Protein	40%	50%
Iodine	71%	71%
Vitamin B12	200%	200%
Selenium	72%	90%
Copper	112%	112%
Vitamin E	37%	49%
Phosphorous	47%	47%

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.

Lobster & 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.

Lobsters are a good source:

100g of lobster represents 14% of your recommended weekly intake of Omega-3
(based on a recommended 3000mg weekly intake)

Why are these important?

- **Proteins** are essential components of muscles, skin, bones and the body as a whole.
- **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.
- **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.

Did you know...

- Lobster contains nearly 17 times more Copper than salmon and 45 times more than is found in cod.
- 100g of lobster provides you with practically half your Recommended Daily Amount of Phosphorous.
- Lobster contains as much protein as chicken. The protein found in shellfish is easily digestible and of high quality.
- Lobster contains over 8 times less saturated fat than beef.

LOW	Fat 1.6g 2.3% RDA
LOW	Saturated Fat 0.2g 1.0% RDA
LOW	Sugars Trace 0% RDA
MED	Salt 0.8g 13.8% RDA
103	Calories 5.2% RDA

Per 100g serving



Additional macronutrients content of lobster for 100g of boiled lobster

	RDA for adult men	RDA for adult women
Vitamin A (Retinol)	Trace	Trace
Vitamin B1 (Thiamin)	8%	10%
Vitamin B12	4%	4.5%
Niacin	9%	11%
Vitamin B6	6%	7%
Sodium	21%	21%
Potassium	7%	7%
Calcium	9%	9%
Magnesium	12%	13%
Iron	9%	5.5%
Zinc	26%	36%
Chloride	21%	21%

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