

## The nutritional and healthy facts about shellfish



# Prawns

Both coldwater and warmwater prawns are widely consumed in the UK. The coldwater varieties are small (often found in sandwiches) while warmwater prawns are larger.

Rich in **Vitamin E** | **Vitamin B12**

Good source of **Protein** | **Phosphorous** | **Selenium**

Per 100g of raw prawns	RDA for adult men	RDA for adult women
<b>Protein</b>	<b>32%</b>	<b>39%</b>
<b>Vitamin B12</b>	<b>47%</b>	<b>47%</b>
<b>Selenium</b>	<b>21%</b>	<b>27%</b>
<b>Vitamin E</b>	<b>71%</b>	<b>95%</b>
<b>Phosphorous</b>	<b>33%</b>	<b>33%</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.

### Prawns & 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.

### Prawns are a good source:

**100g of prawns will provide you with 13% 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.
- **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.
- **Selenium** plays a key role in the human body's antioxidant defence system, preventing damage to cells and tissues.
- **Vitamin E** helps protect cell membranes by acting as an antioxidant. Vitamin E deficiency has been related to cystic fibrosis, chronic liver disease, short-bowel syndrome, and other malabsorption diseases.
- **Phosphorous** helps to build strong bones and teeth, and to release the energy from the food we eat. All shellfish are a source of phosphorous.

### Did you know...

- Prawns contain nearly 22 times the vitamin E found in beef, and 19 times that of chicken.
- 100g of prawns provides 18 times less total fat than an equivalent serving of salmon.
- Vitamin E found in prawns and other shellfish, is a fat soluble vitamin and a powerful antioxidant. It is thought that the different forms of Vitamin E may be protective against cardiovascular disease and some forms of cancer.
- In 2009 the Shellfish Association of Great Britain set the record for the World's Largest Prawn Cocktail at just under 100kg!

**LOW** Fat  
0.9g | 1.3% RDA

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

**LOW** Sugars  
0.0g | 0% RDA

**MED** Salt  
0.5g | 8.0% RDA

**76** Calories  
3.8% RDA

Per 100g serving



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

	RDA for adult men	RDA for adult women
<b>Vitamin A</b> <i>(Retinol)</i>	Trace	Trace
<b>Vitamin B1</b> <i>(Thiamin)</i>	4%	5%
<b>Vitamin B12</b>	9%	11%
<b>Niacin</b>	3%	4%
<b>Vitamin B6</b>	4%	4%
<b>Sodium</b>	12%	12%
<b>Potassium</b>	9%	9%
<b>Calcium</b>	11%	11%
<b>Magnesium</b>	0.1%	0.1%
<b>Iron</b>	18%	11%
<b>Copper</b>	12%	12%
<b>Zinc</b>	16%	21%
<b>Iodine</b>	15%	15%

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



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Association of Great Britain