

## The nutritional and healthy facts about shellfish

# Langoustines

Langoustines (*Nephrops norvegicus*) are also known as Norway lobster or Dublin Bay prawn and are commonly used to make scampi.

It is the most valuable species currently landed in the UK, worth more than £97 million annually. The UK accounts for about half of the total world landings for *Nephrops*.

Rich in **Iodine** | **Selenium** | **Vitamin B12** | **Copper**

Good source of **Vitamin E** | **Phosphorus** | **Protein**

Per 100g of boiled Langoustine	RDA for adult men	RDA for adult women
<b>Protein</b>	<b>35.5%</b>	<b>43.8%</b>
<b>Iodine</b>	<b>99.3%</b>	<b>93.3%</b>
<b>Vitamin B12</b>	<b>163.3%</b>	<b>163.3%</b>
<b>Selenium</b>	<b>65.3%</b>	<b>81.7%</b>
<b>Copper</b>	<b>26.7%</b>	<b>26.7%</b>
<b>Phosphorus</b>	<b>35.8%</b>	<b>35.8%</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.

### Langoustine & 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.

**Langoustine are a good source:**  
**100g of langoustine will provide you with 5.6% 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.
- **Selenium** plays a key role in the human body's antioxidant defence system, preventing damage to cells and tissues.
- **Phosphorus** helps to build strong bones and teeth, and to release the energy from the food we eat. All shellfish are a source of Phosphorus.
- **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...

- Iodine is very important for pregnant and breast-feeding women as large amounts are concentrated into the mother's milk for the benefit of the developing child. Iodine is also thought to reduce the risks of breast cancer
- That antioxidants such as selenium, zinc and vitamin E provide protection from the effects arthritic symptoms.
- That langoustines contain 12 times less saturated fat than beef and 14 times less than salmon, twice as much Vitamin E as cod and six times as much as chicken and 3 times as much Vitamin B12 as prawns and twice as much as cod.

**LOW** Fat  
0.8g | 1.1% RDA

**LOW** Saturated Fat  
0.15g | 0.7% RDA

**LOW** Sugars  
Trace | 0% RDA

**MED** Salt  
216mg | 9% RDA

**86** Calories  
4.4% RDA

Per 100g serving



Additional macronutrients content of Langoustine  
(per 100g of boiled langoustine)

	RDA for adult men	RDA for adult women
<b>Vitamin E</b>	<b>29.6%</b>	<b>29.6%</b>
<b>Zinc</b>	<b>14.4%</b>	<b>19.6%</b>
<b>Iron</b>	<b>19.3%</b>	<b>11.4%</b>
<b>Vitamin B1</b> (Thiamin)	<b>8%</b>	<b>10%</b>
<b>Vitamin B2</b> (Riboflavin)	<b>4.6%</b>	<b>5.5%</b>
<b>Vitamin B3</b> (Niacin)	<b>15.9%</b>	<b>20.8%</b>
<b>Potassium</b>	<b>6.1%</b>	<b>6.1%</b>
<b>Calcium</b>	<b>17.9%</b>	<b>17.9%</b>
<b>Magnesium</b>	<b>17.7%</b>	<b>19.6%</b>
<b>Chloride</b>	<b>11.2%</b>	<b>11.2%</b>

*These nutritional figures were derived from a report produced by the Institute of Food Research and commissioned by SAGB especially for Langoustine. Please also see our other nutritional factsheets which are produced from "The Nutritional Benefits of Shellfish" – a fully referenced report by the Shellfish Association of Great Britain.*

**Funded by Seafish through the Seafish Industry Project Fund**

### 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.uk](http://www.shellfish.org.uk) or call 020 7283 8305



**Shellfish**  
Association of Great Britain