

# NUTRITIONAL INFORMATION FOR SYDNEY ROCK OYSTERS



*Treat yourself*

Photo credit: Destination NSW



- NSW -  
**OYSTERS**

# SYDNEY ROCK OYSTERS

(*Saccostrea glomerata*)

Serving size 132g = Approx. 1 dz. large Sydney rock oysters (meat weight)

| Servings per kg = 7.5       | Average quantity per serving | per 100g | % daily intake* per serving |
|-----------------------------|------------------------------|----------|-----------------------------|
| ENERGY                      | 480 kJ                       | 364 kJ   | 6%                          |
| PROTEIN                     | 14.4 g                       | 10.9 g   | 29%                         |
| FAT, TOTAL                  | 3.74 g                       | 2.83 g   | 5%                          |
| saturated                   | 1.29 g                       | 0.98 g   | 5%                          |
| trans                       | 0.0232 g                     | 0.0176 g |                             |
| polyunsaturated             | 1.95 g                       | 1.48 g   |                             |
| omega 3                     | 1.23 g                       | 0.93 g   |                             |
| alpha-linolenic acid        | 78.9 mg                      | 59.8 mg  | 39%                         |
| docosahexaenoic acid (DHA)  | 428 mg                       | 324 mg   | 1426%                       |
| eicosapentaenoic acid (EPA) | 488 mg                       | 370 mg   | 1628%                       |
| monounsaturated             | 0.461 g                      | 0.349 g  |                             |
| CARBOHYDRATE                | 5.74 g                       | 4.35 g   | 2%                          |
| sugars                      | 0 g                          | 0 g      |                             |
| SODIUM                      | 682 mg                       | 517 mg   | 30%                         |
| PHOSPHORUS                  | 246 mg                       | 186 mg   | 25%                         |
| IODINE                      | 0.223 mg                     | 0.169 mg | 149%                        |
| SELENIUM                    | 0.074 mg                     | 0.056 mg | 106%                        |
| IRON                        | 4.99 mg                      | 3.78 mg  | 42%                         |
| MAGNESIUM                   | 101.2 mg                     | 76.7 mg  | 32%                         |
| CALCIUM                     | 253 mg                       | 192 mg   | 32%                         |
| ZINC                        | 20.1 mg                      | 15.2 mg  | 168%                        |

\* Percentage daily intakes are based on an average adult diet of 8,700 kJ.

Your daily intakes may be higher or lower depending on your energy needs.



Based on a serving size of 132g  
Approx. 1 dozen large Sydney Rock Oysters

**A good source of zinc** - Zinc plays a vital role in immune health, helping the body to fight bacterial & viral infections. It is also essential for blood clotting, thyroid function, and the senses of taste and smell.

**A good source of iodine** - Iodine is essential for normal growth and the development of the brain. It also helps the thyroid gland produce thyroxine. This hormone is important for the growth of bones and nerves, and how proteins, fats and carbohydrates are used in the body.

**A good source of selenium** - Selenium is an anti-oxidant which is used by the immune system to neutralise free radicals in the body.

**A good source of omega 3** - Omega 3 fatty acids (specifically EPA & DHA), are well-known for their health benefits. These 'good fats' have many functions, and may be beneficial for your skin, eyes and brain. They also help keep cholesterol levels within a healthy range, reducing your risk of heart problems.

**LOW FAT**

**GOOD SOURCE OF PROTEIN**

**GOOD SOURCE OF IRON**

Information abridged from [www.healthdirect.gov.au](http://www.healthdirect.gov.au)

**NSW OYSTERS**