

NUTRITIONAL INFORMATION FOR SYDNEY ROCK OYSTERS

Photo credit: Destination NSW

Treat yourself



-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.

Information abridged from www.healthdirect.gov.au

LOW FAT

**GOOD
SOURCE OF
PROTEIN**

**GOOD
SOURCE
OF IRON**

**NSW
OYSTERS**