

NUTRITIONAL INFORMATION FOR PACIFIC OYSTERS

Escape with...

Photo credit: Destination NSW



-NSW-
OYSTERS

PACIFIC OYSTERS

(*Magallana gigas*)

Serving size 144g = Approx. 1 dz. medium Pacific oysters (meat weight)

Servings per kg = 7	Average quantity per serving	per 100g	% daily intake* per serving
ENERGY	400 kJ	278 kJ	5%
PROTEIN	13.16 g	9.14 g	26%
FAT, TOTAL	2.92 g	2.03 g	4%
saturated	0.949 g	0.659 g	4%
trans	0.0156 g	0.0108 g	
polyunsaturated	1.56 g	1.08 g	
omega 3	0.98 g	0.68 g	
alpha-linolenic acid	61.1 mg	42.4 mg	31%
docosahexaenoic acid (DHA)	330 mg	229 mg	1099%
eicosapentaenoic acid (EPA)	441 mg	306 mg	1469%
monounsaturated	0.412 g	0.286 g	
CARBOHYDRATE	4.00 g	2.78 g	1%
sugars	0 g	0 g	
SODIUM	795 mg	552 mg	35%
PHOSPHORUS	217 mg	151 mg	22%
IODINE	0.291 mg	0.202 mg	194%
SELENIUM	0.0588 mg	0.0408 mg	84%
IRON	6.13 mg	4.26 mg	51%
MAGNESIUM	112.8 mg	78.3 mg	35%
CALCIUM	239 mg	166 mg	30%
ZINC	33.0 mg	22.9 mg	275%

* 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 144g
Approx. 1 dozen medium
Pacific 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**