

# The nutritional and healthy facts about shellfish

## Crab

The most commonly consumed crab species in the UK is the Brown crab (*also known as the edible crab*).

Rich in **Copper** | **Zinc** | **Selenium** | **Vitamin B2**

Good source of **Protein** | **Magnesium**

Per 100g of boiled crab	RDA for adult men	RDA for adult women
<b>Zinc</b>	<b>58%</b>	<b>79%</b>
<b>Copper</b>	<b>147%</b>	<b>147%</b>
<b>Vitamin B2</b> ( <i>Riboflavin</i> )	<b>66%</b>	<b>78%</b>
<b>Selenium</b>	<b>112%</b>	<b>140%</b>
<b>Protein</b>	<b>35%</b>	<b>43%</b>
<b>Phosphorous</b>	<b>62%</b>	<b>62%</b>
<b>Magnesium</b>	<b>19%</b>	<b>21%</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.

### Crab & 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.

#### Crabs are a rich source:

**100g of crab represents 45% of your recommended weekly intake of Omega-3**

*(based on a recommended 3000mg weekly intake)*

### Why are these important?

- **Zinc** helps process the carbohydrate, fat and protein in the food we eat and assists with the healing of wounds.
- **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.
- **Selenium** plays a key role in the human body's antioxidant defence system, preventing damage to cells and tissues.
- **Proteins** are essential components of muscles, skin, bones and the body as a whole.
- **Vitamin B2 (Riboflavin)** helps keep skin, eyes, nervous system and mucous membranes healthy. It also helps produce steroids and red blood cells and may also help the body absorb iron from the food we eat.
- **Magnesium** helps turn the food we eat into energy and also assists the glands responsible for the production of hormones important for bone health.

### Did you know...

- Crab meat contains 3 times the amount of selenium than cod and 12 times that of beef.
- Crab meat contains nearly 30 times the amount of copper than cod and over 56 times that found in salmon, chicken and beef.
- Crab meat contains over twice the phosphorous than that found in cod and 41% more than that found in beef.

**MED** Fat  
5.5g | 7.9% RDA

**LOW** Saturated Fat  
0.7g | 3.5% RDA

**LOW** Sugars  
Trace | 0% RDA

**MED** Salt  
1.1g | 17.5% RDA

**128** Calories  
6.4% RDA



Per 100g serving

Additional macronutrients content of crab (per 100g of boiled crab)

	RDA for adult men	RDA for adult women
<b>Vitamin A</b> <i>(Retinol)</i>	Trace	Trace
<b>Vitamin B1</b> <i>(Thiamin)</i>	7%	9%
<b>Vitamin B12</b>	Trace	Trace
<b>Niacin</b>	9%	11%
<b>Vitamin B6</b>	11%	13%
<b>Vitamin B12</b>	Trace	Trace
<b>Folic acid</b>	10%	10%
<b>Sodium</b>	26%	26%
<b>Potassium</b>	7%	7%
<b>Magnesium</b>	20%	20%
<b>Iron</b>	18%	11%
<b>Chloride</b>	27%	27%
<b>Iodine</b>	0.0%	0.0%
<b>Manganese</b>	21%	27%

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



Shellfish  
Association of Great Britain