

# The nutritional and healthy facts about shellfish



Whelks are gastropod molluscs, similar to snails, traditionally eaten from polystyrene pots at the seaside with generous splashes of vinegar! Whelks are caught in baited pots (similar to crab pots) in the North Sea, the Channel and Irish Sea. Amazingly we land over 10,000 tonnes of whelks each year but about 95% are exported to the Far East.

Rich in **Vitamin B12** | **Copper** | **Zinc**

Good source of **Iron** | **Magnesium** | **Phosphorus** | **Vitamin E**

Per 100g of raw product	RDA for adult men	RDA for adult women
<b>Vitamin B12</b>	<b>1400%</b>	<b>1400%</b>
<b>Copper</b>	<b>549%</b>	<b>549%</b>
<b>Zinc</b>	<b>127%</b>	<b>173%</b>
<b>Iron</b>	<b>38%</b>	<b>22%</b>
<b>Protein</b>	<b>35%</b>	<b>43%</b>
<b>Magnesium</b>	<b>29%</b>	<b>32%</b>
<b>Phosphorus</b>	<b>25%</b>	<b>25%</b>
<b>Vitamin E</b>	<b>20%</b>	<b>27%</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.

## Whelks & 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.

## Whelks are a good source:

**100g of whelks represents 8% of your recommended weekly intake of Omega-3**  
*(based on a recommended 3000mg weekly intake)*

## Why are these important?

- **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.
- **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.
- **Zinc** helps process the carbohydrate, fat and protein in the food we eat and assists with the healing of wounds.
- **Iron** is key in the making the red blood cells that carry oxygen around the body. Iron deficiency can result in anaemia.
- **Proteins** are essential components of muscles, skin, bones and the body as a whole.
- **Magnesium** helps turn the food we eat into energy and also assists the glands responsible for the production of hormones important for bone health.
- **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.
- **Vitamin E** helps protect cell membranes by acting as an antioxidant. Vitamin E deficiency has been related to cystic fibrosis, chronic liver disease, short-bowel syndrome, and other malabsorption diseases.

## Did you know...

- Whelks are particularly low in fat; 100g of whelks contain only 1.2g of fat and 0.2g of saturated fat!
- Vitamin B12 cannot be produced by the human body and has to be obtained from animal sources in the diet. Whelks contain over 10 times the amount of vitamin B12 than beef.

- LOW Fat**  
1.2g | 1.7% RDA
- LOW Saturated Fat**  
0.2g | 1.0% RDA
- LOW Sugars**  
Trace | 0% RDA
- MED Salt**  
0.7g | 11.6% RDA
- 89 Calories**  
4.5% RDA



Per 100g serving

Additional macronutrients content of whelks (per 100g of boiled product)

	RDA for adult men	RDA for adult women
<b>Vitamin B1</b> <i>(Thiamin)</i>	4%	5%
<b>Vitamin B2</b> <i>(Riboflavin)</i>	13%	15%
<b>Vitamin B6</b>	6%	8%
<b>Vitamin C</b>	Trace	Trace
<b>Vitamin D</b>	Trace	Trace
<b>Sodium</b>	17.5%	17.5%
<b>Potassium</b>	5%	5%
<b>Calcium</b>	12%	12%

### 5 good reasons to include shellfish regularly in your diet

- Shellfish provide proteins, vitamins and minerals, are low in fat and a wonderful source of the Omega-3 fatty acid.
- Contrary to the old wife's tale, eating shellfish does not raise blood cholesterol.
- Shellfish are low in calories, which is perfect for weight loss!
- 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!
- A portion of shellfish constitutes one of your recommended "two-a-week" portions of seafood.



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.

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