

The nutritional and healthy facts about shellfish



Cockles are a tasty and healthy classic part of the British seaside experience. The common cockle (*Cerastoderma edule*) is commercially important in many areas of the UK such as Morecambe Bay, the Wash, Thames Estuary, Dee Estuary and South Wales. We produce over 14,000 tonnes each year; about 150 million cockles!

Rich in **Vitamin B12** | **Iodine** | **Iron** | **Selenium**

Good source of **Phosphorous** | **Copper** | **Protein**

Per 100g of boiled cockles	RDA for adult men	RDA for adult women
Vitamin B12	3133%	3133%
Iodine	114%	114%
Iron	322%	189%
Selenium	57%	72%
Phosphorous	25%	25%
Copper	32%	32%
Protein	22%	27%

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.
- **Iodine**, naturally present in seawater, is a key constituent of the thyroid hormones, essential for the good functioning of the metabolic rate and to keep cells healthy.
- **Iron** is key in the making the red blood cells that carry oxygen around the body. Iron deficiency can result in anaemia.
- **Selenium** plays a key role in the human body's antioxidant defence system, preventing damage to cells and tissues.
- **Phosphorous** helps to build strong bones and teeth, and to release the energy from the food we eat. All shellfish are a source of phosphorous.
- **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.
- **Proteins** are essential components of muscles, skin, bones and the body as a whole.

Did you know...

- Cockles are a low calorie food. 100g of cockles contains only 53kcal compared to 180kcal in 100g of salmon.
- Vitamin B12 cannot be produced by the human body and has to be obtained from animal sources in the diet. Cockles contain over 23 times the amount of vitamin B12 than beef.

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.

Cockles & 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.

Cockles are a good source:

100g of cockles represents 12% of your recommended weekly intake of Omega-3

(based on a recommended 3000mg weekly intake)

LOW Fat
0.6g | 0.9% RDA

LOW Saturated Fat
0.2g | 1.0% RDA

LOW Sugars
Trace | 0% RDA

MED Salt
1.2g | 20.5% RDA

53 Calories
2.7% RDA

Per 100g serving



Additional macronutrients content for 100g of boiled cockles

	RDA for adult men	RDA for adult women
Vitamin A (Retinol)	6%	7%
Vitamin E	0%	0%
Vitamin B1 (Thiamin)	5%	6%
Vitamin B2 (Riboflavin)	8%	10%
Niacin	7%	9%
Vitamin B6	3%	3%
Sodium	31%	31%
Potassium	3%	3%
Calcium	20%	20%
Magnesium	15%	17%
Folic Acid	0%	0%
Zinc	22%	30%
Chloride	30%	30%

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.



Shellfish
Association of Great Britain