

# The nutritional and healthy facts about shellfish



# Mussels

Mussels are popularly eaten in 'Moules marinières' or with chips as 'Moules Frites' on the Continent, and are becoming increasingly popular in the UK.

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

Good source of **Iron** | **Folic Acid** | **Zinc** | **Vitamin B2**

Per 100g of raw mussels	RDA for adult men	RDA for adult women
<b>Vitamin B12</b>	<b>1267%</b>	<b>1267%</b>
<b>Folic Acid</b>	<b>18.5%</b>	<b>18.5%</b>
<b>Iron</b>	<b>67%</b>	<b>39%</b>
<b>Zinc</b>	<b>26%</b>	<b>36%</b>
<b>Selenium</b>	<b>68%</b>	<b>68%</b>
<b>Iodine</b>	<b>100%</b>	<b>100%</b>

## Why are these important?

- **Zinc** helps process the carbohydrate, fat and protein in the food we eat and assists with the healing of wounds.
- **Vitamin B12** is important for the normal functioning of the brain and nervous system and plays a key role in the formation of red blood cells.
- **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.

## 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.

## Mussels & 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.

## Mussels are a rich source:

**100g of mussels represents 23% of your recommended weekly intake of Omega-3**  
*(based on a recommended 3000mg weekly intake)*

## Did you know...

- Mussels contain over 9 times the amount of vitamins B12 than beef and nearly 5 times more than salmon.
- Mussels contain nearly 3 times the amount of riboflavin than salmon and nearly twice that is found in chicken.
- Mussels contain over 8 times more iron than chicken.
- Rope-grown mussels have been described as "the most sustainable source of Omega-3s!"

**LOW** Fat  
2.7g | 3.9% RDA

**LOW** Saturated Fat  
0.5g | 2.5% RDA

**LOW** Sugars  
Trace | 0% RDA

**MED** Salt  
0.7g | 12.1% RDA

**74** Calories  
3.7% RDA

Per 100g serving



Additional macronutrients content of mussels (per 100g of raw mussels)

	RDA for adult men	RDA for adult women
<b>Protein</b>	<b>22%</b>	<b>27%</b>
<b>Vitamin A</b> (Retinol)	<b>0%</b>	<b>0%</b>
<b>Vitamin E</b>	<b>19%</b>	<b>25%</b>
<b>Vitamin B1</b> (Thiamin)	<b>2%</b>	<b>2.5%</b>
<b>Vitamin B2</b> (Riboflavin)	<b>27%</b>	<b>32%</b>
<b>Niacin</b>	<b>9%</b>	<b>12%</b>
<b>Vitamin B6</b>	<b>6%</b>	<b>7%</b>
<b>Sodium</b>	<b>18%</b>	<b>18%</b>
<b>Potassium</b>	<b>9%</b>	<b>9%</b>
<b>Calcium</b>	<b>5%</b>	<b>5%</b>
<b>Magnesium</b>	<b>8%</b>	<b>8%</b>
<b>Phosphorous</b>	<b>44%</b>	<b>44%</b>
<b>Copper</b>	<b>18%</b>	<b>18%</b>
<b>Chloride</b>	<b>18%</b>	<b>18%</b>

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