

# The nutritional and healthy facts about shellfish



## Scallops

There are two species of scallops consumed in the UK; the **King scallop** and the **Queen scallop**.

Rich in **Protein** | **Vitamin B12** | **Selenium**

Good source of **Phosphorous** | **Zinc**

Per 100g of steamed scallop	RDA for adult men	RDA for adult women
<b>Protein</b>	42%	52%
<b>Vitamin B12</b>	600%	600%
<b>Selenium</b>	68%	85%
<b>Phosphorous</b>	44%	44%
<b>Zinc</b>	27%	37%

### Why are these important?

- **Proteins** are essential components of muscles, skin, bones and the body as a whole.
- **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.
- **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.
- **Zinc** is important in the making of new cells and enzymes, and help process the carbohydrate, fat and protein in the food we eat and assists with the healing of wounds.

### 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.

### Scallops & 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.

### Scallops are a good source:

**100g of Queen scallop will provide you with 12% of your weekly intake of Omega-3.**

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

### Did you know...

- Selenium has been shown to reduce the risk of prostate cancer by 65% in trials where participants received 200mcg supplements
- Scallops provide more high quality dietary protein than equivalent serving of salmon, chicken and beef.

**LOW** Fat  
1.4g | 2.0% RDA

**LOW** Saturated Fat  
0.4g | 2.0% RDA

**LOW** Sugars  
Trace | 0% RDA

**MED** Salt  
0.5g | 7.5% RDA

**118** Calories  
5.9% RDA

Per 100g serving



Additional macronutrients content of scallop (per 100g of steamed scallop)

	RDA for adult men	RDA for adult women
<b>Vitamin A</b> <i>(Retinol)</i>	Trace	Trace
<b>Vitamin E</b>	Trace	Trace
<b>Vitamin B1</b> <i>(Thiamin)</i>	8%	10%
<b>Vitamin B2</b>	4%	4.5%
<b>Folic acid</b>	9%	9%
<b>Niacin</b>	5%	7%
<b>Vitamin B6</b>	0%	0%
<b>Sodium</b>	11%	11%
<b>Potassium</b>	7%	7%
<b>Calcium</b>	4%	4%
<b>Magnesium</b>	13%	13%
<b>Iron</b>	13%	7%
<b>Copper</b>	12%	12%
<b>Chloride</b>	16%	16%
<b>Iodine</b>	14%	14%

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