

The nutritional and healthy facts about shellfish

Squid

You may be surprised to learn that squid, a favourite of Mediterranean holidaymakers, is caught off the UK during the summer and autumn months. Most people know squid as calamari – batter-coated rings; yet squid is a very versatile ingredient that can be cooked in many different ways.

Rich in **Vitamin B12** | **Selenium** | **Copper** | **Vitamin B6**
Good source of **Vitamin E** | **Phosphorous** | **Protein**

Per 100g of raw squid	RDA for adult men	RDA for adult women
Vitamin B12	200%	200%
Selenium	88%	110%
Copper	82%	82%
Vitamin B6	49%	57%
Vitamin E	30%	40%
Phosphorous	34%	34%
Protein	28%	34%

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.

Squid & 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.

Squid is a rich source:

100g of squid will provide 21% 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.
- **Selenium** plays a key role in the human body's antioxidant defence system, preventing damage to cells and tissues.
- **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.
- **Vitamin B6** helps the body to use and store energy from the protein and carbohydrates in the foods we eat. It also assists the formation of haemoglobin (the substance that carries oxygen around the body).
- **Vitamin E** helps protect cell membranes by acting as an antioxidant.
- **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.
- **Proteins** are essential components of muscles, skin, bones and the body as a whole.

Did you know...

- Squid contains nearly twice the amount of Vitamin B6 than chicken and nearly 4 times more than cod.
- Vitamin B12 cannot be produced by the human body and has to be obtained from animal sources in the diet.

LOW Fat
1.7g | 2.4% RDA

LOW Saturated Fat
0.3g | 1.5% RDA

LOW Sugars
Trace | 0% RDA

LOW Salt
0.2g | 4.6% RDA

81 Calories
4.1% RDA



Per 100g serving

Additional macronutrients content for 100g of raw squid

	RDA for adult men	RDA for adult women
Vitamin A <i>(Retinol)</i>	2%	2%
Vitamin B1 <i>(Thiamin)</i>	10%	12%
Vitamin B12 <i>(Riboflavin)</i>	9%	11%
Vitamin D	Trace	Trace
Niacin	20%	20%
Sodium	7%	7%
Potassium	8%	8%
Calcium	2%	2%
Magnesium	9%	10%
Folic Acid	6%	6%
Iron	6%	3%
Zinc	12%	16%

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

Shellfish – your friends for life!

Further factsheets are available from www.shellfish.org.uk or call 020 7283 8305



Shellfish
Association of Great Britain