Oysters

Contains: Niacin, Biotin, Vitamin D, Calcium, Manganese
High in: Omega-3, Protein, Vitamin B12, Phosphorus, Iron, Copper, Zinc, Selenium, Iodine

Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	275	3
Energy (kcal)	65	3
Fat (g)	1.3	2
Of which saturates (g)	0.2	1
Of which monounsaturates (g)	0.2	
Of which polyunsaturates (g)	0.4	
Omega-3 – EPA + DHA (mg)	140	
Of which EPA (mg)	140	
Of which DHA (mg)	0	
Carbohydrate (g)	2.7	1
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	10.8	22
Salt (g)	1.28	21

– Low in fat
– Low in saturates
– Low in sugars

Source: Revised Composition of Foods Integrated Data Set (CoFids).

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	75	9
Vitamin D (mcg)	1	20
Vitamin E (mg)	0.85	7
Thiamin (B1) (mg)	0.15	14
Riboflavin (B2) (mg)	0.19	14
Niacin (B3) (mg)	4.1	26
Vitamin B6 (mg)	0.16	11
Vitamin B12 (mcg)	17	680
Folate (mcg)	No data	No data
Pantothenic acid (mg)	0.37	6
Biotin (mcg)	10	20
Vitamin C (mg)	Tr	Tr

Minerals		% Nutrient Reference Value
Potassium (mg)	260	13
Calcium (mg)	140	18
Magnesium (mg)	42	11
Phosphorus (mg)	210	30
Iron (mg)	5.7	41
Copper (mg)	7.5	750
Zinc (mg)	59.2	592
Manganese (mg)	0.33	17
Selenium (mcg)	23	42
Iodine (mcg)	60	40

Nutritional Profile

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The benefits of macronutrients, vitamins and minerals

Protein
- a growth in muscle mass
- the maintenance of muscle mass
- the maintenance of normal bones
- is needed for normal growth and development of bone in children

Niacin (Vitamin B3)
- the maintenance of normal skin
- the reduction of tiredness and fatigue
- the normal functioning of the nervous system
- normal psychological function
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes

Vitamin B12
- the reduction of tiredness and fatigue
- the normal function of the immune system
- the normal functioning of the nervous system
- normal red blood cell formation
- normal psychological function
- normal energy-yielding metabolism
- normal homocysteine metabolism
- has a role in the process of cell division

Biotin
- the maintenance of normal hair
- the maintenance of normal skin
- the normal functioning of the nervous system
- normal psychological function
- the maintenance of normal mucous membranes
- normal energy-yielding metabolism
- normal macronutrient metabolism

Vitamin D
- the maintenance of normal bones
- the maintenance of normal teeth
- the normal function of the immune system
- the maintenance of normal muscle function
- is needed for the normal growth and development of bone in children
- the normal function of the immune system in children
- normal absorption/utilisation of calcium and phosphorus
- normal blood calcium levels
- has a role in the process of cell division

Calcium
- is needed for the maintenance of normal bones
- is needed for the maintenance of normal teeth
- is needed for the normal growth and development of bone in children
- normal muscle function
- normal blood clotting
- normal neurotransmission
- the normal function of digestive enzymes
- has a role in the process of cell division and specialisation
- normal energy-yielding metabolism
- helps to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures (The claim may be used only for food which provides at least 400mg calcium per quantified portion. Information shall be given to the consumer that the claim is specifically intended for
- women 50 years and older and the beneficial effect is obtained with a daily intake of at least 1200mg calcium from all sources.)

Phosphorus
- the maintenance of normal bones
- the maintenance of normal teeth
- is needed for the normal growth and development of bone in children
- normal energy-yielding metabolism
- normal function of cell membranes

Iron
- the reduction of tiredness and fatigue
- normal cognitive function
- the normal function of the immune system
- normal formation of red blood cells and haemoglobin
- normal oxygen transport in the body
- normal energy-yielding metabolism
- has a role in the process of cell division
- normal cognitive development of children

Zinc
- the maintenance of normal bone
- the maintenance of normal hair
- the maintenance of normal nails
- the maintenance of normal skin
- the maintenance of normal vision
- the normal function of the immune system
- normal cognitive function
- the maintenance of normal testosterone levels in the blood
- normal fertility and reproduction
- the protection of cells from oxidative stress
- has a role in the process of cell division
- normal DNA synthesis
- normal acid-base metabolism
- normal carbohydrate metabolism
- normal macronutrient metabolism
- normal metabolism of fatty acids
- normal metabolism of vitamin A
- normal protein synthesis

Copper
- normal hair pigmentation
- normal skin pigmentation
- the normal function of the immune system
- normal functioning of the nervous system
- maintenance of normal connective tissues
- normal iron transport in the body
- normal energy-yielding metabolism
- the protection of cells from oxidative damage

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The benefits of macronutrients, vitamins and minerals

Manganese
- the maintenance of normal bones
- the normal formation of connective tissue
- normal energy-yielding metabolism
- the protection of cells from oxidative stress

Selenium
- the maintenance of normal hair
- the maintenance of normal nails
- the normal function of the immune system
- the normal thyroid function
- the protection of cells from oxidative damage
- normal spermatogenesis

Iodine
- the maintenance of normal skin
- the normal growth of children
- normal cognitive function
- normal functioning of the nervous system
- the normal production of thyroid hormones and normal thyroid function
- normal energy-yielding metabolism

Omega-3
DHA and EPA
- the normal function of the heart (the claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim 'source of omega-3 fatty acids'. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of EPA and DHA)