Eating Shellfish as Part of a Healthy Diet

Safe Seafood Series

The State of Massachusetts and its commercial shellfish harvesters go to great lengths to ensure shellfish are of the utmost quality when brought to market. Buying locally you can be assured that shellfish is harvested under strict state regulatory standards, while overseas imports are rarely inspected.

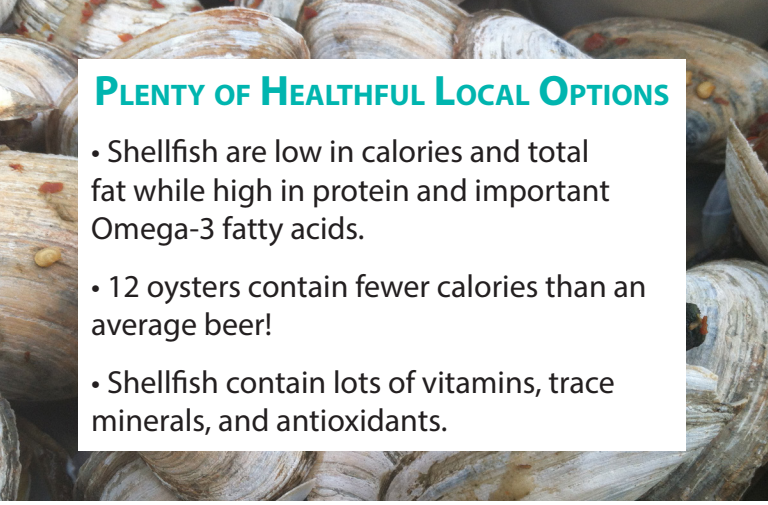
• Our local shellfish are all rated a "Best" or "Good" choice by Monterey Bay Aquarium's Seafood Watch™

• The American Heart Association has recommended consuming fish or shellfish at least twice a week as part of a heart healthy diet, that's 104 times a year!

• Shellfish are on the list of Weight Watchers™ "Power Foods"

• The Omega-3's DHA and EPA found in shellfish are particularly important for brain development and prevention of heart disease.

• Worried about potential contaminants? When evaluated local shellfish had largely undetectable levels, including Mercury, making them a safe choice.



Plenty of Healthful Local Options

- Shellfish are low in calories and total fat while high in protein and important Omega-3 fatty acids.
- 12 oysters contain fewer calories than an average beer!
- Shellfish contain lots of vitamins, trace minerals, and antioxidants.

Nutritional Profile of Shellfish from Masschusetts

Type of shellfish:		Quahog	Oyster	Mussel	Soft-shell Clams	Bay Scallops
Number in a 100g serving		10-12	6-8	14-18	12-16	8-16
Nutrition Facts	**Unit**	**Amount Per 100g (3.5oz.) Serving (raw)**				
Calories	Calorie	63.6	69.1	60.5	58.5	85.5
Protein	g	11.1	8.3	11.2	11.9	15.0
Carbohydrates	g	3.9	5.5	1.9	1.5	5.5
Fat	g	0.4	1.5	0.9	0.5	0.4
Cholesterol	mg	41.4	48.7	62.6	46.5	46.7
Total Omega-3	mg	107.5	401.5	215.4	97.1	138.9
Saturated fats	mg	58.8	275.2	107.2	50.5	78.9
Minerals						
Calcium	mg	147.5	48.9	69.3	84.0	16.4
Magnesium	mg	77.1	70.5	83.5	87.6	38.3
Iron	mg	3.7	2.4	5.3	13.1	1.0
Zinc	mg	1.4	26.2	1.7	1.4	2.7
Potassium	mg	243.5	228.3	242.3	246.7	413.7
Iodine	ug	55.4	32.7	84.8	89.4	trace
Selenium	ug	35.9	30.2	49.1	35.8	20.1
Vitamins						
Vitamin A	IU	71.9	77.3	379.9	152.5	trace
Riboflavin	mg	0.7	0.7	0.5	0.7	0.2
Vitamin C	mg	8.8	7.1	5.3	6.8	4.2
Niacin (B3)	mg	1.9	1.9	1.6	1.9	2.3
Folic Acid	ug	23.6	19.2	31.6	13.3	10.5
B12	ug	33.4	8.9	22.4	40.9	3.1

For more information about MA shellfish and suggestions on how to prepare them see:

www.capecodextension.org/shellfish

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