

PEI Oysters

Healthy and Delicious

Amount/100g (6 Large Shucked Oysters)		
Nutrient	Amount	%DV
Calories	59	3%
Carbohydrate	5.5g	2%
Protein	5.2mg	10%
Total Fat	1.5g	2%
Omega -3's	435mg	
Calcium	44mg	4%
Iron	5.8mg	32%
Magnesium	33mg	8%
Phosphorus	93mg	9%
Potassium	124mg	4%
Zinc	37.9mg	253%
Manganese	0.4mg	20%
Selenium	63.7mcg	91%
Vitamin C	4.7mg	8%
Vitamin B12	16.2mcg	270%

Oysters contain more zinc than any other food. Zinc is necessary for proper growth and development, strengthens the immune system and promotes healing.

Oysters are heart healthy. They are high in omega – 3 fatty acids, potassium and magnesium which can help reduce your risk of heart attack, stroke and lower blood pressure.

Oysters are a good source of essential nutrients. Vitamins A, E, and C, zinc, calcium, selenium, and vitamin B12. Selenium is a particularly rare vitamin, which makes oysters very valuable.

Oysters can help improve your energy. They are a good source of iron, which helps the body transport oxygen to individual cells giving you more energy.

