

Farmed Sydney Rock Oysters have naturally high levels of many nutrients which contribute to a healthy lifestyle.

They are a good source of Omega 3, Iodine & Selenium.

OMEGA 3

Omega 3 fatty acids (specifically EPA & DHA) contain anti-inflammatory properties which can reduce the risk of heart disease and arthritis symptoms and are believed to reduce the risk of some cancers.

IODINE

Iodine is an essential mineral for the healthy functioning of the thyroid gland which regulates healthy body development, in particular the central nervous system.

SELENIUM

Selenium is an anti-oxidant which assists in maintaining thyroid health and the body's immune system.

NUTRITION INFORMATION			
FARMED SYDNEY ROCK OYSTERS - SERVING SIZE: 100g SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100g
ENERGY	355kJ	4.1	355kJ
PROTEIN	10.6g	21.2	10.6g
FAT, TOTAL	2.89g	4.1	2.89g
saturated	1.01g	4.2	1.01g
trans	0.015g		0.015g
polyunsaturated	1.54g		1.54g
omega 3	0.964g		0.964g
alpha-linolenic acid	69mg	34.5	69mg
docosahexaenoic acid	304mg	1013.3	304mg
eicosapentaenoic acid	41.5mg	138.3	41.5mg
monounsaturated	0.321g		0.321g
CARBOHYDRATE	4.02g	1.3	4.02g
sugars	0g	0	0g
SODIUM	491mg	21.3	491mg
PHOSPHOROUS	183mg	19.3	183mg
IODINE	0.162mg	108.0	0.162mg
SELENIUM	0.057mg	81.9	0.057mg
IRON	3.47mg	28.9	3.47mg
MAGNESIUM	74.3mg	23.2	74.3mg
CALCIUM	148mg	18.5	148mg
ZINC	20.3mg	169.2	20.3mg
*Percentage daily intakes are based on an average adult diet of 8,700kJ. Your daily intakes may be higher or lower depending on your energy needs.			