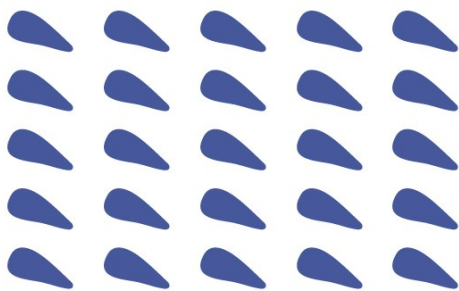


100 GRAMS  
FARMED PACIFIC OYSTERS

**equals**

THE SAME OMEGA 3 AS



2500 GRAMS CHICKEN BREAST  
(APPROX. 25 X 100 GRAM  
CHICKEN FILLETS)

FARMED PACIFIC OYSTERS  
- RAW

<b>ENERGY</b> 278kJ DI* 3.2%	<b>FAT</b> 2.03g DI* 2.9%	<b>SAT FAT</b> 0.659g DI* 2.7%	<b>SUGARS</b> 0 g DI* 0%	<b>SODIUM</b> 552mg DI* 24.0%
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PER 100g SERVE

## FARMED PACIFIC OYSTERS

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

### A GOOD SOURCE OF 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 developing some cancers.

### A SOURCE OF IRON

Iron deficiency is common, especially in female sub groups (menstruating women, pregnant women, teenagers and athletes) as well as babies and toddlers.

### A SOURCE OF MAGNESIUM

Magnesium helps maintain normal muscle and nerve function and supports a healthy immune system.

Next time you are at your speciality seafood retailer, supermarket or dining out have some farmed Pacific Oysters and give your body a special, super feed of omega 3, iron and magnesium.

## NUTRITION INFORMATION

FARMED PACIFIC OYSTERS - SERVING SIZE: 100G SERVINGS PER PACK: 1	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100G
ENERGY	278kJ	3.2	278kJ
PROTEIN	9.14g	18.3	9.14g
FAT, TOTAL	2.03g	2.9	2.03g
saturated	0.659g	2.7	0.659g
trans	0.0108g		0.0108g
polyunsaturated	1.08g		1.08g
omega 3	0.68g		0.68g
alpha-linolenic acid	42.4mg	21.2	42.4mg
docosahexaenoic acid	229mg	763.3	229mg
eicosapentaenoic acid	306mg	1020.0	306mg
monounsaturated	0.286g		0.286g
CARBOHYDRATE	2.78g	0.9	2.78g
sugars	0g	0	0g
SODIUM	552mg	24.0	552mg
PHOSPHOROUS	151mg	15.1	151mg
IODINE	0.202mg	134.7	0.202mg
SELENIUM	0.0408mg	58.3	0.0408mg
IRON	4.26mg	35.5	4.26mg
MAGNESIUM	78.3mg	24.5	78.3mg
CALCIUM	166mg	20.8	166mg
ZINC	22.9mg	190.8	22.9mg

\*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.