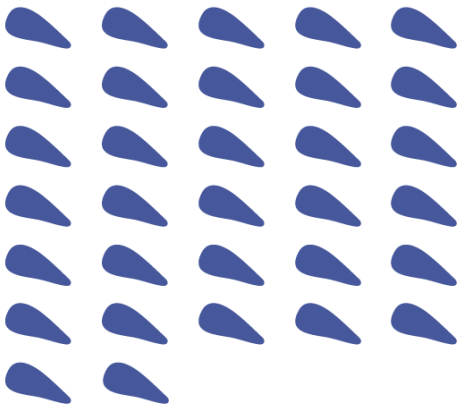




100 GRAMS
FARMED SYDNEY ROCK OYSTERS

equals

THE SAME OMEGA 3 AS



3200 GRAMS CHICKEN BREAST
(APPROX. 32 X 100 GRAM
CHICKEN FILLETS)

FARMED SYDNEY ROCK OYSTERS
– RAW

ENERGY 364 kJ DI* 4.2%	FAT 2.83g DI* 4.0%	SAT FAT 0.98g DI* 4.1%	SUGARS 0 g DI* 0%	SODIUM 517mg DI* 22.5%
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PER 100g SERVE

FARMED SYDNEY ROCK OYSTERS

Farmed Sydney Rock 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 GOOD SOURCE OF 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.

A GOOD SOURCE OF 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	364kJ	4.2	364kJ
PROTEIN	10.9g	21.8	10.9g
FAT, TOTAL	2.83g	4.0	2.83g
saturated	0.98g	4.1	0.98g
trans	0.0176g		0.0176g
polyunsaturated	1.48g		1.48g
omega 3	0.93g		0.93g
alpha-linolenic acid	59.8mg	29.9	59.8mg
docosahexaenoic acid	324mg	1080.0	324mg
eicosapentaenoic acid	370mg	1233.3	370mg
monounsaturated	0.349g		0.349g
CARBOHYDRATE	4.35g	1.4	4.35g
sugars	0g	0	0g
SODIUM	517mg	22.5	517mg
PHOSPHOROUS	186mg	18.6	186mg
IODINE	0.169mg	112.7	0.169mg
SELENIUM	0.056mg	80.0	0.056mg
IRON	3.78mg	31.5	3.78mg
MAGNESIUM	76.7mg	24.0	76.7mg
CALCIUM	192mg	24.0	192mg
ZINC	15.2mg	126.7	15.2mg

*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.