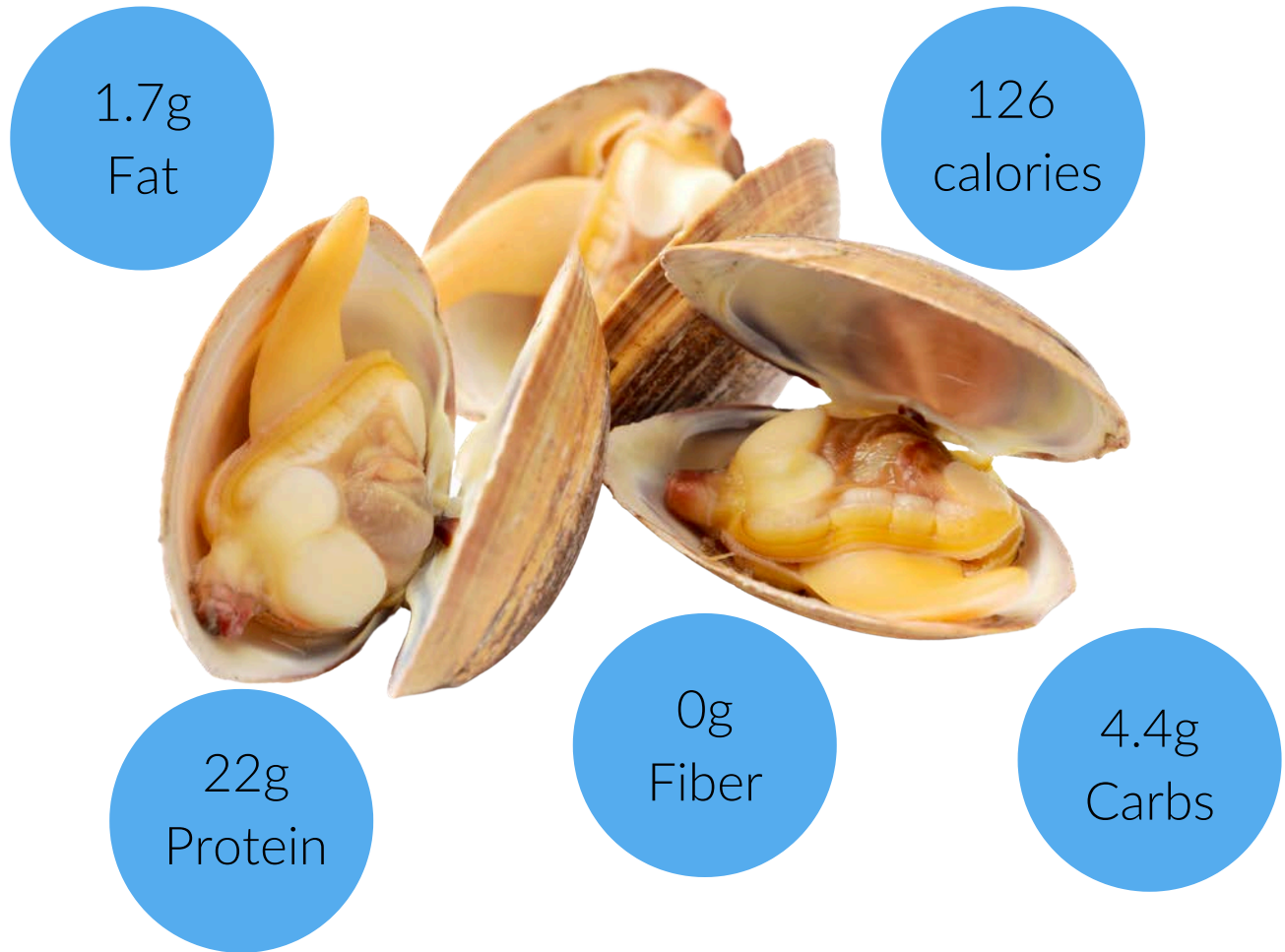


Clam Nutrition Facts



A 3-ounce serving of clams (85g) provides 126 calories, 4.4 grams of carbohydrates, 0 grams of fiber, 22 grams of protein, 1.7 grams of fat, and 1022mg of sodium. Clams are high in protein, low in fat and calories, contain heart-healthy omega-3 fatty acids, and are an excellent source of vitamin B12.

- Calories: 126
- Fat: 1.7g
- Carbohydrate: 4.4g
- Fiber: 0g
- Sodium 1022mg
- Protein: 22g

Clam Health Benefits

Promote Heart Health

Clams are high in omega-3 fatty acids, which can help lower cholesterol and reduce inflammation. They also contain vitamin B12, which may help protect against heart disease.



Benefits Brain, Bone, and Blood Health

Clams contain vitamins B12 and D, which can support brain function and bone health. The iron in clams can prevent the blood disorder anemia.



May Aid Weight Loss

Clams are low in calories and fat, which can contribute to weight loss or weight maintenance.



Improves Skin Health

Clams are a good source of selenium, an antioxidant mineral that fights free radicals. Selenium can prevent wrinkle formation and improve skin health.

