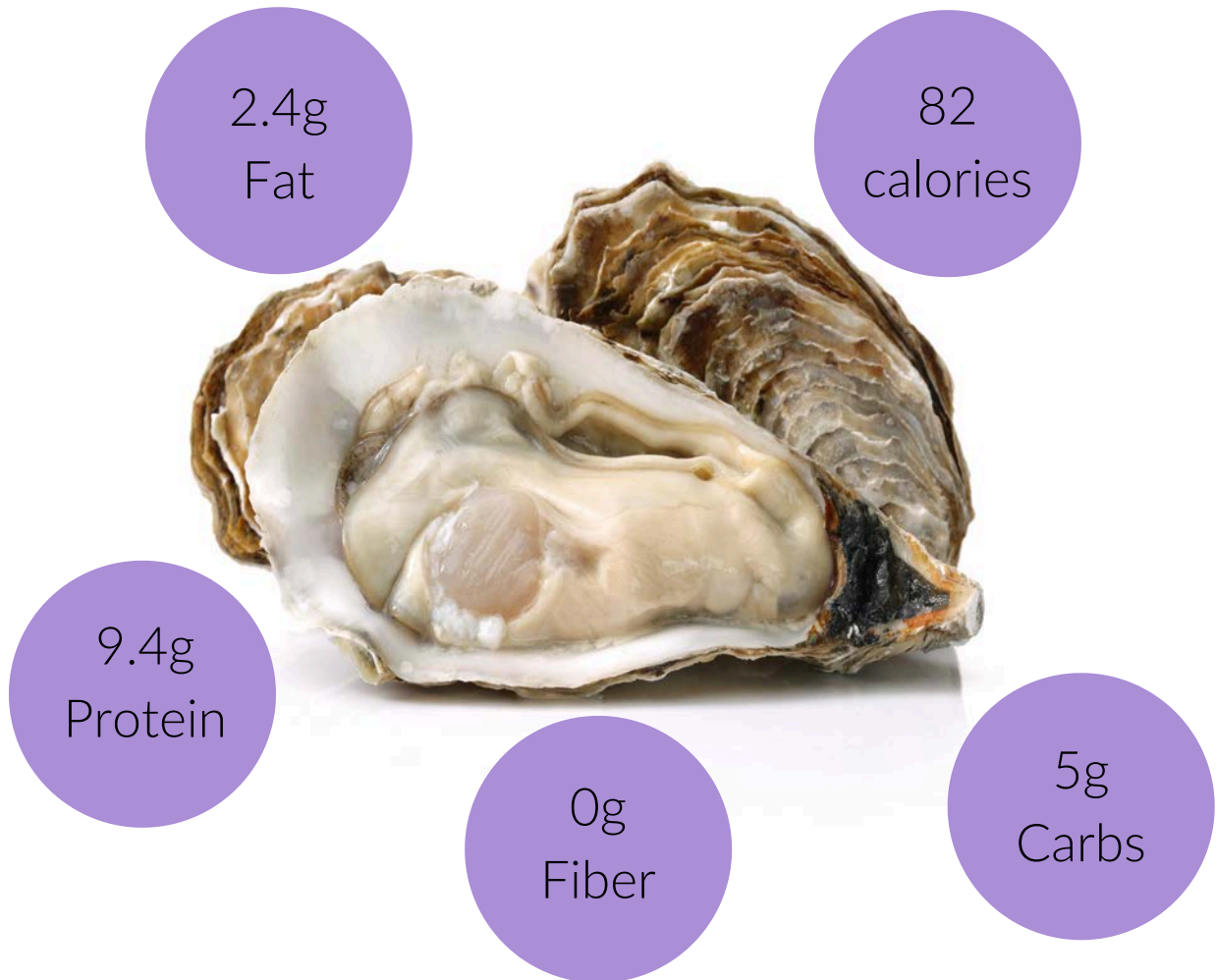


# Oyster Nutrition Facts



Two medium oysters (50g) provides 82 calories, 5 grams of carbohydrates, 0 grams of fiber, 9.4 grams of protein, 2.4 grams of fat, and 106 mg of sodium. Oysters are low in calories and high in micronutrients including vitamins B12 and D, iron, magnesium, phosphorus, zinc, copper, manganese, and selenium.

- Calories: 82
- Fat: 2.4g
- Carbohydrate: 5g
- Fiber: 0g
- Sodium: 106mg
- Protein: 9.4g

# Oyster Health Benefits

## Supports Brain Health

Oysters are an excellent source of vitamin B12, which reduces the risk of dementia and depression.



## Prevents Bone Loss

Oysters contain vitamin D, copper, zinc, and manganese. These micronutrients, when combined with calcium, may slow or prevent bone loss due to osteoporosis.



## Boosts Immunity

Oysters are an excellent source of zinc, which plays an essential role in the immune system, including reducing the duration of the common cold.



## Prevents Anemia

Oysters contain iron, which prevents iron deficiency anemia. It also contains vitamin B12, which prevents macrocytic anemia.

