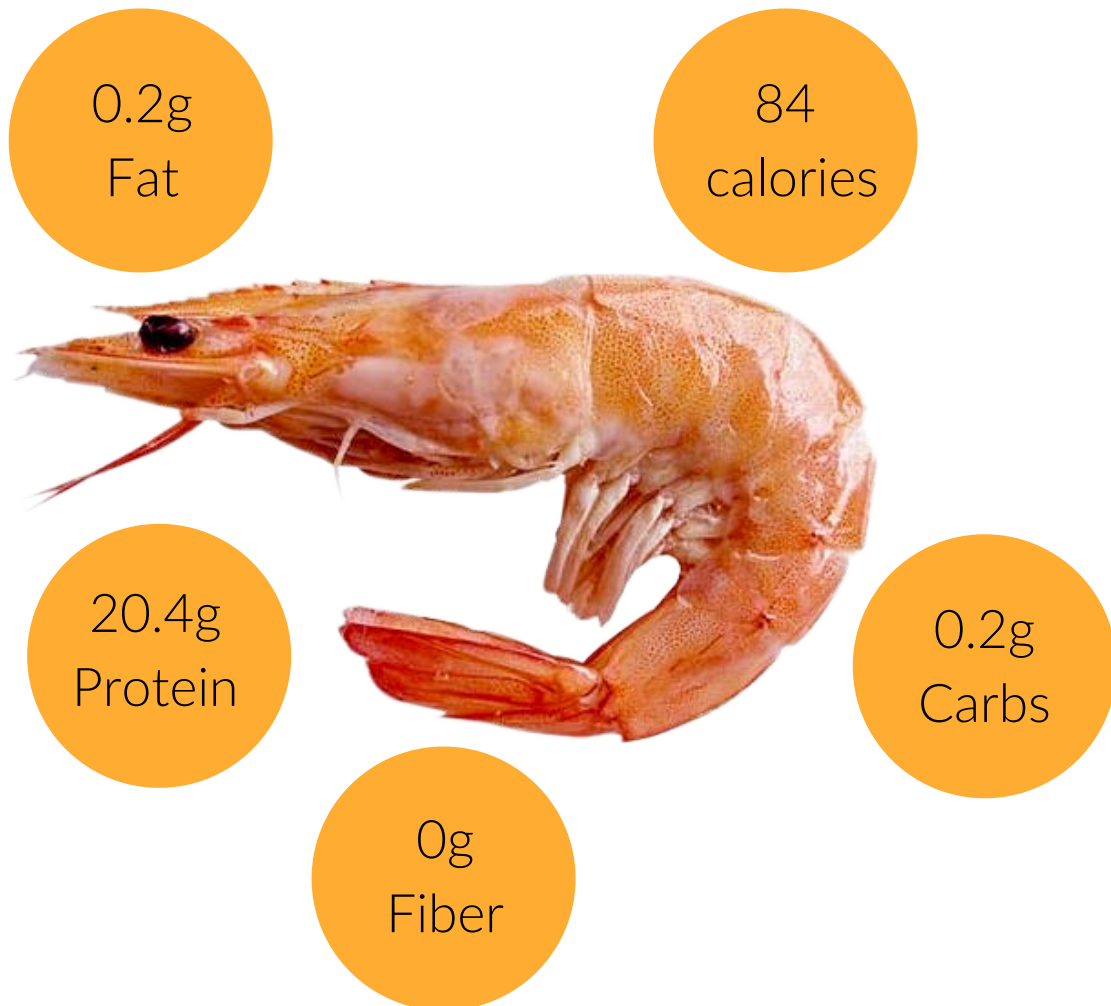


Saltwater Shrimp Nutrition Facts



A 3-ounce serving of shrimp (85g) contains 84 calories, 0.2 grams of carbohydrates, 0 grams of fiber, 20.4 grams of protein, 0.2 grams of fat, and 94.4mg of sodium. Shrimp are low in saturated fat and are a good source of protein, phosphorus, and vitamin B12.

- Calories:84
- Fat: 0.2g
- Carbohydrate: 0.2g
- Fiber: 0g
- Sodium: 94.4mg
- Protein: 20.4g

Saltwater Shrimp Health Benefits

Supports Heart Health

Shrimp is a good source of choline and low in saturated fat, which positively impacts heart health.



May Benefit Brain Health

Research suggests that the choline in shrimp benefits cognitive function. Krill oil, also present in shrimp, has been shown to provide neuroprotective effects.



Strengthens Bones

Shrimp contains calcium, magnesium, and selenium, which are nutrients involved in maintaining bone health. It is also an excellent source of protein, which is linked to significant reductions in bone fractures and may prevent osteoporosis.



Helps Maintain Weight Loss

Protein foods, like shrimp, improve satiety (the feeling of being full after eating) and support muscle maintenance during weight loss efforts.

