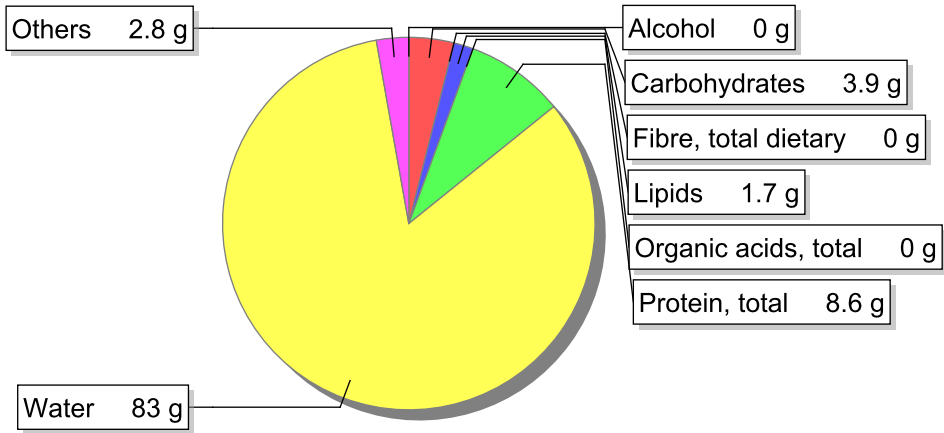


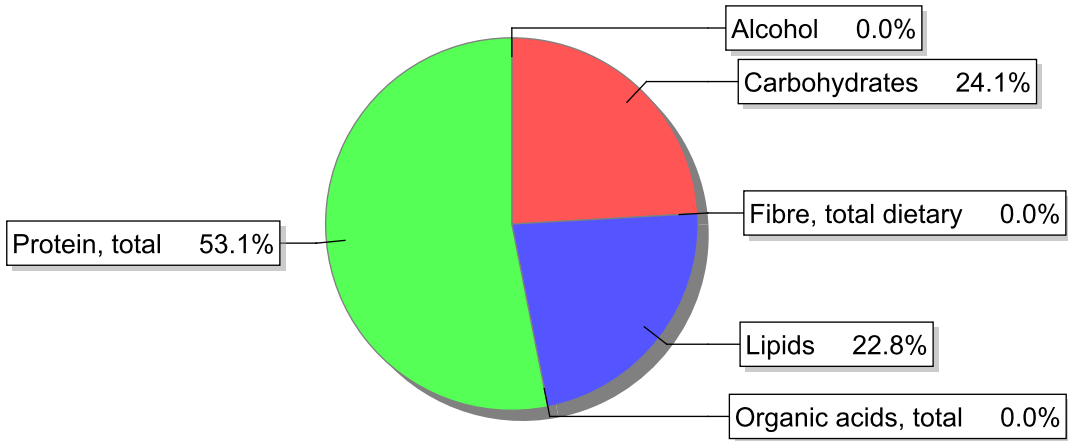
Food

Name: Oyster, raw
Group: Fish and fish products
Subgroup: Shell-fish
Edible Part: 9%
Code: IS911
FoodEX2 Code: A02HG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	65	kcal	
energy kJ, total metabolisable	275	kJ	
fatty acids, total saturated	0.3	g	77
fatty acids, total monounsaturated	0.3	g	77
fatty acids, total polyunsaturated	0.5	g	77
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	8.6	g	57
alcohol	0	g	
water	83	g	57
organic acids, total	0	g	
cholesterol	53	mg	77
vitamin A; retinol equiv from retinol and carotenoid activities	85	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.85	mg	57
thiamin	0.15	mg	57
riboflavin	0.19	mg	57
niacin, preformed	1.9	mg	57
niacin equivalents, total	3.7	mg	
niacin equivalents from tryptophan	1.8	mg	77
vitamin B-6, total	0.13	mg	
vitamin B-12	14	µg	
vitamin C	0	mg	
folate, total	11	µg	57
ash	2.70	g	77
sodium	370	mg	57
potassium	260	mg	57
calcium	66	mg	57
phosphorus	140	mg	57
magnesium	36	mg	57
iron, total	8	mg	57
zinc	91	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
77	Bandarra, NM; Calhau, MA; Oliveira, L; Ramos, M; Dias, MG; Bártolo, H; Faria, MR; Fonseca, MC; Gonçalves, J; Batista, I; Nunes, ML. (2005) Composição e valor nutricional dos produtos da pesca mais consumidos em Portugal. INIAP/IPIMAR, INSA, FCT.