

SHORE STEWARDS NEWS

July 2005 Island County, Washington

Issue No. 9

Re-printed July 2009 for the Friends of Oakland Bay Webpage

Nutrition and Shellfish

The low tides of summer find many of us out on the beaches gathering clams and crabs for a delicious meal. Most of us are aware of the nutritional value of salmon and some other fatty fish, which are rich in the “good” fats that are called omega-3 fatty acids, and which can improve our cholesterol profile. What many of us do not know, however, is that many of our shellfish species are not only low in saturated fat, but have beneficial levels of these fatty acids, and can contribute to the overall recommended daily intake of about 2 grams of omega-3 fatty acids. For example, though a sockeye salmon has 1.17 grams of omega-3 fatty acids per 100 gram portion, the blue mussel is close behind at 0.84 grams and the manila clam at 0.67 grams. The Dungeness crab requires a larger portion, as the concentration is 0.38 grams, but who needs justification for eating more crab?

Shellfish is an excellent source of protein, and is also a good source of iron, zinc, copper, and B-12. The Washington Sea Grant Program published a great 8 page report on this subject in 2001. Titled *THE NUTRITIONAL VALUE OF SHELLFISH*, this publication was written by Faye M. Dong, a Professor at the U.W.’s School of Aquatic and Fishery Sciences. You can view this online at:

<http://www.wsg.washington.edu/publications/online/nutritional.pdf>,

Or you can order it from the Washington Sea Grant Program: (206) 543-0555.



Red Crab, from NOAA’s Historic NMFS Collection

To view archived copies of past Shore Stewards Newsletters, go to www.shorestewards.wsu

Shore Stewards is a program of Washington State University and has been supported by the following sources: WSU Island County Beach Watchers, Washington Department of Fish and Wildlife, Puget Sound Action Team, the Salmon Recovery Funding Board, Northwest Straits Commission, the Washington State Department of Ecology, the Environmental Protection Agency and the Camano Island Watershed Management Program.

Extension programs and policies are consistent with federal and state laws and regulations on nondiscrimination regarding race, sex, religion, age, color, creed, national or ethnic origin; physical, mental or sensory disability; marital status, sexual orientation, or status as a Vietnam-era or disabled veteran. Evidence of noncompliance may be reported through your local Extension office.

Website: www.shorestewards.wsu.edu