

# Clam



## HEALTH BENEFITS OF CULTURED CLAMS

### NEW RESEARCH REVEALS NUTRITIONAL INSIGHTS



#### 1 Smart Source of Protein:

- Clams contain 3.3 grams per 3-ounce raw serving

#### 3 Healthy Fat Profile:

- Clams provide 95 mg of omega-3 fatty acids in a 3-ounce serving and support brain, heart, & overall health

#### 2 Brimming with Bioactives:

- Clams contain natural compounds that boost health in multiple ways
  - Strengthen immune function
  - Reduce inflammation
  - Aide digestion
  - Protect cells from oxidative stress

#### 4 Major Minerals in Small Bites:

- Clams are high in iron (11% Daily Value), iodine (24% DV), & magnesium (19% DV)
- Provide essential minerals for immunity, energy, & thyroid health

#### 5 B Vitamins in Abundance:

- Clams are high in B12 (over 600% Daily Value) and other B vitamins, including niacin, riboflavin, thiamin, & folic acid
- Support energy, metabolism, immune health, & nervous systems

#### 6 Positive Health Benefits for the Heart & Brain:

- Dietary Guidelines suggest eating seafood twice a week

