



*The extra lean meat of the sunray venus clam is high in protein and low in fat and cholesterol content.*

## NUTRITIONAL PROFILE

SUNRAY VENUS CLAMS are a low-fat source of protein. A single 3-ounce (85 g) serving of sunray venus clams (18 to 20 cooked clams) provides approximately 9 g of protein. The low fat content (<1%) was composed primarily of polyunsaturated fat (68%, with 50%

omega-3 fatty acids) and the remainder (32%) as saturated fat. The level of cholesterol in sunray venus clams was about 25 mg per 85 g serving. This level is low when compared to fish, shellfish, and other foods, such as pork, eggs, chicken, and cheese.

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- ▶ Sensory Profile
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- ▶ Aquaculture Production Potential



*A single serving of sunray venus clams provides a good complement of vitamins and minerals.*

## Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container

Amount Per Serving

Calories 50      Calories from Fat 10

% Daily Value\*

Total Fat 1g      2%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 25mg      8%

Sodium 360mg      15%

Total Carbohydrate 2g      1%

Dietary Fiber 0g      0%

Sugars 0g

Protein 9g

Vitamin A 10%      •      Vitamin C 4%

Calcium 10%      •      Iron 40%

Vitamin B12 45%      •      Zinc 6%

Copper 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Nutrition Facts Panel for a 3-ounce serving (18 to 20 clams) of cooked sunray venus clams.*

The most important nutritional feature of the sunray venus clam is that a single 3-ounce (85 g) serving provides a good complement of minerals and vitamins. A 3-ounce serving size of cooked sunray venus clams also provides:

- ▶ 45% of the daily requirement of Vitamin B12. This vitamin is necessary for the formation of red blood cells and the utilization of protein.
- ▶ 10% of the daily requirement of Vitamin A and 4% of the daily requirement of Vitamin C. Vitamin A plays an important role in vision, growth, and cellular proliferation as well as in the integrity of the immune system. Vitamin C is an important antioxidant.
- ▶ 40% of the daily requirement of Iron. Iron is essential in providing oxygen to the body. Iron is known as the 'hard to get' mineral, since only 6 mg of iron is absorbed per 1000 calories consumed. With clams, consumers receive a high percentage of iron without having to consume a lot of calories.
- ▶ 4% of the daily requirement of Zinc and 6% of the daily requirement of Copper. Zinc is required for growth, wound healing, sense of taste, and normal sexual maturation. Copper is essential for the proper utilization of iron in the body.

- ▶ 10% of the daily requirement of Calcium. This mineral is required for the ongoing processes of bone growth and development of teeth.
- ▶ The Sodium content of mollusks, such as clams and oysters, can range from undetectable to as high as 600 mg/100 g (Sullivan and Otwell, 1992). The level depends on the salinity of the water within the growing areas. Sunray venus clams have an average sodium content of 360 mg per 100 grams.

The nutrients present in sunray venus clams can help promote the health of consumers. As with any seafood, however, the recipe chosen to prepare sunray venus clams will enhance or detract from their nutritional attributes. Wisdom is needed in deciding on the recipe of choice and the resulting overall nutritional intake.

## Reference

Sullivan, A. and Otwell, W.S. 1992. A Nutrient Database for Southeastern Seafoods. SGR-109. Florida Sea Grant College Program, University of Florida, Gainesville.



THIS COMPONENT OF AN INTEGRATED RESEARCH AND EXTENSION PROJECT EVALUATING THE NUTRITIONAL PROFILE OF THE SUNRAY VENUS CLAM WAS CONDUCTED BY STEVE OTWELL AND LAURA GARRIDO AT THE UNIVERSITY OF FLORIDA, FOOD SCIENCE AND HUMAN NUTRITION DEPARTMENT, WITH FUNDING FROM THE FLORIDA SEA GRANT COLLEGE PROGRAM.