

Why Prawns are a Nutritional Powerhouse :

5 Key Benefits

1. High-Quality Protein

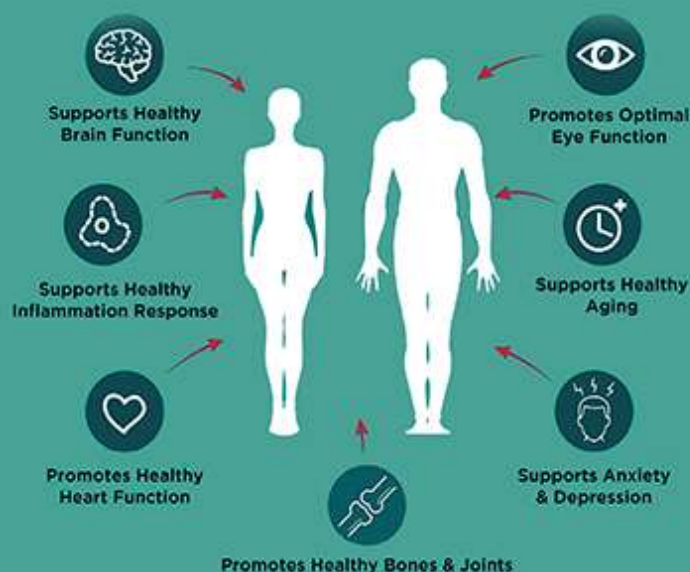
Both Prawn and shrimp are excellent sources of lean protein, essential for muscle repair and overall body function. A 100g serving provides approximately 20 grams of protein.

2. Rich in Omega-3 Fatty Acids

They contain significant amounts of omega-3 fatty acids, which are known to reduce inflammation, lower blood pressure, and decrease the risk of heart disease.

3. Low in Calories and Fat

Prawn and shrimp are low in calories and saturated fat, making them suitable for weight management and heart health. A 100g serving contains approximately 76 calories.



4. Packed with Essential Vitamins and Minerals

They are rich in vitamins B12 and E, selenium, iodine and zinc, all of which support immune function, thyroid health, and antioxidant defenses.

5. Contains Antioxidants

The presence of astaxanthin, a powerful antioxidant found in this seafood, contributes to skin health and may reduce the risk of certain chronic diseases.

Culinary Uses

Prawn and shrimp are versatile ingredients in various cuisines. They can be grilled, boiled, sautéed, or incorporated into dishes like curries, salads, and pastas. Their quick cooking time and ability to absorb flavours make them favourites in many recipes.

Incorporating Prawn and shrimp into your diet can provide numerous health benefits, from supporting heart health to supplying essential nutrients.



HEALTH BENEFITS of EATING PRAWNS

