

# Unlocking the Health Secrets of Prawns : Top 5 Benefits

Indulging in grilled, steamed, or drunken prawns has got to be one of the best ways to enjoy fresh seafood in Singapore. Considered one of the healthiest foods in the world, prawns are an excellent source of complete protein, meaning it includes all nine amino acids necessary for the body to maintain health and function.

Way lower in calories than chicken or beef, prawns deliver the same amount of protein as red meat or poultry.

Medical professionals and nutritionists often recommend eating crustaceans and shellfish as part of a healthy diet. Here are 5 lesser-known health benefits of prawns that make them shrimply the best!

## 1. Helps With Weight Loss

Prawns are loaded with protein yet low in saturated fat. Similar to chicken and beef, 100 grams of prawns contain about 25 grams of protein. However, 100 grams of prawn only has 115 calories, compared to about double that for chicken and triple that for beef.

Prawns also contain high levels of zinc, an essential mineral in maintaining a healthy immune system. Zinc is directly associated with leptin, a hormone that regulates appetite and fat storage. To add the cherry on top, prawns have high levels of iodine, a mineral that controls thyroid hormones and boosts metabolism. All in all, if you're trying to lose weight, prawns are a great addition to your diet.

## 2. A Rich Source of Vitamins & Minerals

These little crustaceans are jam-packed with essential vitamins and minerals. 100 grams of prawns contain:

- ◆ 11% of your recommended daily intake (RDI) for calcium
- ◆ About 15% RDI for iron
- ◆ 33% RDI for phosphorus
- ◆ 9% RDI for potassium
- ◆ About 20% RDI for zinc
- ◆ About 25% RDI for selenium

## Health benefits of FROZEN PRAWNS



Usually boiled at sea and bought frozen these are a delicious treat that are good for your cleansing activity, liver muscles and nerves

**An 80g portion will give you (% of your RDA):**

### 40% Vitamin B12

For the health of your blood cells, nervous system, DNA creation, brain and reduces tiredness and fatigue

### 35% Selenium

Contributes to protecting your cells from damaging free radicals and supports your immune system

### 27% Choline

Contributes to the normal function of your liver and enables your body to process fats effectively

### 22% Vitamin E

Contributes to the protection of your cells from the damaging effects of 'free radicals'.

**RDA** = Recommended daily amount  
(based on an average adult)



The high levels of vitamin B6, B12 and niacin all work together to help increase energy, put on lean muscle and replenish red blood cells.

### 3. Builds Strong Muscles & Bones

The generous amount of selenium found in prawns will improve bone strength and durability. Selenium is a powerful antioxidant that strengthens teeth, hair and nails, all while fighting free radicals in the body.

Other minerals like calcium, zinc, and phosphorus contribute to building and maintaining strong bones.

In addition, protein is a vital mineral in building muscle with amino acids helping to repair and maintain muscle tissue. A single serving of 100 grams of prawns will deliver about half the recommended daily protein intake. So, if you're aiming for a toned, muscular body, swapping out protein shakes and chicken breast for prawns once in a while will do you good!

### 4. Promotes Heart Health

Prawns contain high levels of Omega 3 fatty acids, a well-known nutrient long credited with lowering blood pressure, reducing the risk of heart attacks and contributing to a healthy cardiovascular system.

They are also an excellent energy source and keep the organs, blood vessels and immune system functioning.

### 5. Potentially Prevents Cancer

We get free radicals from certain sources like industrial chemicals, cigarette smoke, alcohol, and air pollutants. They are almost impossible to avoid, and stay in our bodies. Rich in powerful antioxidants like selenium and vitamin E, prawns can help protect cells from damage and stave off serious diseases. Selenium is also believed to prevent tumour growth and strengthen the immune system.

**Get Your Fill of Delicious Prawns at Chennai Seafood Show and Prawn Fest 2025**

