



# ATLANTIC CANADA LOBSTER

NATURALLY DELICIOUS • MOUTH-WATERING • SENSATIONAL

*Feast your senses*

## NUTRITION FACTS

Consumers continually face a dilemma of including food in their diets that is both nutritious and good tasting. The meat from a hard-shell lobster is low in fat and carbohydrates while high in protein. In fact, it has less saturated fat, calories and cholesterol than many of our lean favorites such as pork, extra lean beef, and white chicken meat. At less than 100 calories per serving (89% of calories from protein), Canadian Atlantic Lobster is a great meal choice for any diet.

A comparison of some of the more popular protein foods is listed in this table.

### Nutrition Comparison Chart

Serving Size 100 g (3.53 oz)	Calories	Caloric Breakdown (%)			Saturated Fats (grams)	Cholesterol milligrams
		Carbohydrates	Fats	Proteins		
Canadian Atlantic Lobster	98	6	5	89	0.1	72
Turkey - Light Meat	157	1	18	81	1.0	69
Chicken - Light Meat	173	0	24	76	1.3	85
Ground Beef - Extra Lean	193	0	35	65	3.6	89
Atlantic Salmon	206	0	54	46	2.5	63
Pork Loin - Lean	209	0	42	58	3.5	81
Beef - Top Sirloin	219	0	43	57	4.1	79

These foods were selected on the basis that they represent the leanest alternatives that would be sought after by health-conscious individuals. The table highlights that Canadian Atlantic Lobster still represents one of the most beneficial sources of protein. A single serving of Canadian Atlantic Lobster affords the lowest number of calories per serving; the highest proportion of protein, yet is the lowest in fat content (five calories from fat). More important is the fact that lobster meat contains only 0.1 g of saturated fats, 1/10 that of turkey (light meat), which was the next closest food. The level of cholesterol for Canadian Atlantic Lobster was among the lowest in the table and only slightly higher than salmon and turkey.

## Canadian Atlantic Lobster Nutrition Facts

Serving Size 100 grams

### Amount Per Serving

**Calories** 98      Calories from fat 5  
Calories from Saturated + Trans 0

% Daily Value\*

**Total Fat** 1 g      1%

Saturated 0 g

+Trans 0 g      1%

Omega-6 Polyunsaturated 0 g

Omega-3 Polyunsaturated 0.1 g

Monounsaturated 0.2 g

**Cholesterol** 72 mg      24%

**Sodium** 380 mg      16%

**Potassium** 352 mg      10%

**Total Carbohydrate** 1 g      0%

Dietary Fibre 0 g      0%

Soluble Fibre 0 g

Insoluble Fibre 0 g

Sugars 0 g

Sugar Alcohols 0 g

Starch 0 g

**Protein** 21 g

Vitamin A 2%      Vitamin C 0%

Calcium 6%      Iron 2%

Vitamin D 0%      Vitamin E 3%

Vitamin K 0.1 mcg      Thiamine 0%

Riboflavin 4%      Niacin 5%

Vitamin B6 4%      Folate 3%

Vitamin B12 52%      Phosphorus ?%

Pantothenate 3%      Magnesium ?%

Zinc 19%      Manganese 0.1 mg

Copper 97%

\* 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	65 g	80 g
Saturated + Trans	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fibre		25 g	30 g

Calories per gram:

Fat 9      Carbohydrate 4      Protein 4

As well, the lobster meat contains Omega-3 fatty acids, which according to the American Heart Association, reduce the risk of heart attack. Because Canadian Atlantic Lobster derives almost all of its calories from protein, it offers considerable flexibility in satisfying dietary needs. For those wishing to lower their fat or carbohydrate intake, lobster offers one of the best choices for protein consumption. In addition, Canadian Atlantic Lobster can be used in a variety of dishes to provide a more balanced caloric intake.

Part of the nutritional benefit of the Canadian Atlantic Lobster is attributed to how they are harvested. In Canada the lobster fishing season is staggered around the summer moulting period, thereby insuring that the majority of harvested lobsters are hard-shelled. The process of moulting enables the lobster to grow by shedding its old shell. Lobsters in this stage (soft-shelled), will absorb considerable amounts of water, which impact both its taste and its nutritional content. A hard-shelled Canadian Atlantic Lobster will be fully-meated while offering maximum taste and nutritional value.

In addition to being a healthy source of protein, Canadian Atlantic Lobster is a good source of vitamins and minerals. It is high in vitamin B12, an excellent source of copper and selenium and a good source of phosphorus. Considering our

lobster is low in fat, virtually free of saturated fat and only has 1 g of carbohydrate per serving it is plain to see that Canadian Atlantic Lobster is a great choice for any healthy diet.

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