

Component	Units per 100g	Pacific Oyster (Raw)	Dietry Reference Intake	Upper Limit	% of RDI	% of Upper Limit
Water	g	79.7				
Energy	kJ	341				
Protein	g	13.1	56		23.4	
Fat	g	3.2	40		2	
Carbohydrate	g	1.2				
Calcium	mg	72	1300	2500	5.5	2.9
Copper	mg	4.21	0.9	10	469.8	42.1
Iodide	microg	97	150	1100	64.7	8.8
Iron	mg	5	18	45	27.8	11.1
Magnesium	mg	87.6	420		20.9	
Manganese	microg	1200	2300	11000	52.2	10.9
Phosphorus	mg	164	700	4000	23.4	4.1
Potassium	mg	191				
Selenium	microg	53	55	400	96.4	13.3
Sodium	mg	598		2300		26
Zinc	mg	15	11	400	136.4	
Total Vitamin A	microg	24.3	900	3000	2.7	0.8
Thiamin	mg	0.08	1.2	ND		
Riboflavin	mg	0.27	1.3	ND		
Niacin equivalent	mg	4.2	16	35	26.3	12
Vitamin B6	mg	0.04	1.7	100	2.4	0
Vitamin B12	microg	17	2.4	ND	700	
Vitamin C	mg	12	90	2000	13.3	0.6
Vitamin D3	microg	1	15	50	6.7	2
Vitamin E	mg	0	15	1000	0	0
Cholesterol	mg	35				
Saturated Fatty Acids	g	1.1				
Monounsaturated Fatty Acids	g	0.68				
Polyunsaturated Fatty Acids	g	0.75	1.6		46.9	