

Maine Lobster

NUTRITION FACTS

IS MAINE LOBSTER GOOD FOR YOU?

Short answer - Yes! If you ask us, not only is it good for you, it's also the most delicious lobster in the world! Lobster is an excellent source of lean protein and can help keep you full for longer.

With 16 grams of protein per serving, it provides you with about 1/3 of your recommended daily value, while also being low in saturated fat. Plus, gram for gram, it has fewer calories and fat compared to roasted, skinless chicken breast, whole poached eggs and cooked lean beef.

USDA SERVING RECOMMENDATION

The USDA recommended serving size for cooked lobster is 3 oz. or 85 g. contains:

AMOUNT PER SERVING	
Calories	80
Total Fat	0.5g
Total Carbohydrates	0g



IS LOBSTER NUTRITIOUS?

Lobster contains omega-3 fatty acids, about 200 milligrams per serving, helping to improve heart health and fight inflammation. Lobster is also a good source of a variety of other nutrients your body needs, including vitamin B12, copper, zinc, selenium, phosphorus, and magnesium.

WHAT ABOUT CHOLESTEROL?

The way health experts view dietary cholesterol is changing. In fact, cholesterol limits were removed from the Dietary Guidelines for Americans in 2015 because there is not enough scientific evidence to show that limiting dietary cholesterol actually lowers "bad" cholesterol in the blood. Instead, the focus is on limiting saturated fat, which has a more definitive link to cholesterol in the body. A serving of lobster is low in saturated fat while being an excellent source of protein and providing a variety of important nutrients.

*Harvard Health Publishing (2009). Heart Beat: Shellfish for the heart? [online] Available at: health.harvard.edu

**U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov



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OR VISIT LOBSTERFROMMAINE.COM FOR A LIST OF MAINE-BASED SUPPLIERS.