Oyster as Nutrition – Superfood

The oyster is more than a shell: it nourishes body and mind. As a superfood it delivers zinc, B12, omega-3 and rare antioxidants — small but powerful.

In Steps

1. **Source** – the oyster filters seawater and concentrates minerals.
2. **Nutritional value** – rich in zinc, B12, omega-3, selenium and iodine.
3. **Effect** – supports immunity, energy balance, and heart & brain health.

Facts

- **Zinc**: up to 1000% of daily needs per serving (6 large oysters or more); vital for immunity & metabolism.
- **Vitamin B12**: supports nervous system and energy.
- **Omega-3 fatty acids (EPA, DHA)**: beneficial for heart and brain.
- **Selenium & iodine**: essential minerals with high bioavailability.
- **DHMBA**: unique antioxidant in oysters, studied for neuroprotection (mainly in lab research).
- High in protein, low in calories → very nutrient-dense.

Concepts

- Oyster as a **natural supplement**.
- Example of a **nutrient-dense food** (much nutrition, few calories).
- **Bioavailability**: natural absorption often better than supplements.

⚖️ Comparison

- More zinc & B12 than beef.
- Natural alternative to fish oil capsules.

✅ Superfood Features

- ☐ Rich in essential minerals & vitamins.
- ☐ High in protein, low in calories.
- ☐ Contains unique antioxidants (DHMBA).

Note (Risks)

- Eating raw = risk of bacteria (Vibrio).
- Too many oysters → excess zinc → disrupted copper balance.
- Cadmium present, though usually below safe limits in Europe.

🤔 Did you know?

Six oysters provide more zinc than most multivitamins.

Learn yourself

"A good cheat sheet is not a copy, but your own story. The greatest learning comes from making one yourself."
👉 *Tip: compare. Place the oyster next to another superfood (e.g. chia seeds or salmon) in a table. You'll see similarities and differences at a glance.*

Discover more

Read the background article: *The Oyster as Superfood*.

Nutrition profile comparer – set the oyster's nutritional value alongside other foods.

This cheat sheet is part of our case study on AI-assisted content creation – including strategies, tools and results: symbio6.nl/en/oysters