

Food focus

SHRIMP



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Date of publication: 11 September 2024

Dr Chrystal's vision is to educate and motivate the individual and population towards better health outcomes.

Her mission is to help make sense of the rich Science articles that are important to health to the everyday person through her articles and to highlight the key health issues that affect you.

Shrimp can be part of a healthy diet, but it's important to consume them in moderation if you're concerned about cholesterol. Shrimp are relatively low in saturated fat and high in cholesterol compared to other seafood, but their impact on blood cholesterol levels is still debated.

Here are some general guidelines:

1. **Moderation:** Eating shrimp in moderation is key. For most people, consuming shrimp 1-2 times per week is considered safe and won't significantly impact cholesterol levels. This typically translates to about 3-6 ounces (85-170 grams) of shrimp per serving.
2. **Cholesterol Content:** A 3-ounce (85-gram) serving of shrimp contains approximately 160-190 milligrams of cholesterol. While dietary cholesterol doesn't affect blood cholesterol levels as much as saturated fats and trans fats do, those with high cholesterol or heart disease should still monitor their intake.
3. **Balance:** Make sure your overall diet is balanced and low in saturated and trans fats. Incorporate a variety of protein sources, such as lean meats, fish, legumes, and nuts, to ensure you're not relying too heavily on any one type of food.

If you have specific concerns about cholesterol or heart health, it's always a good idea to consult with a healthcare professional or a registered dietitian for personalized advice.

Nutrient benefits

Good source of **protein**

One of the best food sources of iodine, an important mineral that many people are deficient in. Iodine is required for proper thyroid function and brain health.

Omega-3 fatty acids

Shrimp contains antioxidants-astaxanthin. It may help protect against inflammation by preventing free radicals from damaging your cells. It's been studied for its role in reducing the risk of several chronic diseases, including heart and brain health.

Nutrition profile

Here's an overview of the nutrients in a 3-ounce (**85-gram**) serving of shrimp :

- **Calories:** 84.2
- **Protein:** 20.4 g
- **Iron:** 0.433 mg
- **Phosphorus:** 201 mg
- **Potassium:** 220 mg
- **Zinc:** 1.39 mg
- **Magnesium:** 33.2 mg
- **Sodium:** 94.4 mg

The **number of shrimps in an 85-gram serving** can vary depending on their size. Here's a rough estimate based on shrimp sizes:

- **Small shrimp (about 30-40 shrimp per pound):** You might get around 15-20 shrimp for 85 grams.
- **Medium shrimp (about 20-30 shrimp per pound):** You'd have approximately 10-15 shrimp.
- **Large shrimp (about 10-15 shrimp per pound):** You'd get about 6-10 shrimp.
- **Extra-large shrimp (about 6-10 shrimp per pound):** You might have about 5-8 shrimp.

On average, a medium-sized shrimp (about 5 to 6 grams each) contains approximately 1 gram of protein.

Since a medium-sized shrimp contains about 1 gram of protein, you'd need roughly 46 to 56 medium-sized shrimp to meet your daily protein needs solely from shrimp. However, it's typically best to get your protein from a variety of sources to ensure you're also getting other essential nutrients.

References:

<https://www.healthline.com/nutrition/is-shrimp-healthy#high-in-cholesterol>

<https://www.fatsecret.com/calories-nutrition/usda/shrimp?portionid=37347&portionamount=11>

Final Thoughts:

The next time you have your health screening done, spare a moment to reflect on your lifestyle habits and discuss with your doctor on ways to improve the above towards a better and healthier you and our planet.

'Towards better health outcomes'

About the author:

Dr Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is currently practicing as a family physician at Asia HealthPartners under the subsidiary of Singapore Institute of Advanced Medicine (SAM) Holdings, located at Lucky Plaza, Orchard, Singapore.

Dr Chrystal Fong is listed on the editors list of health screening providers on Health365, a healthcare, wellness and aesthetic medicine publishing agency in Asia. She has a special interest in health prevention and incorporates sports psychology and lifestyle medicine principles in her health screening and advocacy in health promotion.

She will be featured in the Britishpedia's upcoming 6th edition of 'Successful People in Malaysia and Singapore'.

She is an active sports person who has keen interests in lifestyle medicine, medical technology and longevity themed medical care. She takes personal pride in living the lifestyle medicine pillars herself and advocating through her sports communities and social media platforms.

Her personal mantra being 'The world is changed by your example, not your opinion.'

Being certified in Wellness and Behaviour modification with International Sports Academy, her consultations incorporate health coaching methods.

She is a member of the Singapore College of Family Physicians, Singapore Medical Association, Singapore Society of Behavioral Health, Singaporean Society of Lifestyle Medicine, HIMSS (Healthcare Information and Management Systems Society).



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