

Which part of the shrimp should not be eaten?

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Nutritional composition of shrimp

Shrimp is rich in protein and contains many vitamins and minerals. Shrimp is good for the heart and brain due to its high content of omega-3 fatty acids and the antioxidant astaxanthin.

Each 85-gram serving of shrimp contains 18 grams of protein and is high in selenium, vitamin B12, iron, phosphorus, niacin, zinc, and magnesium. Shrimp is also a good source of iodine, an important mineral that many people are deficient in. Shrimp is a source of both omega-6 and omega-3 fatty acids, as well as the antioxidant astaxanthin.

Shrimp must be thoroughly cooked as they can contain bacteria, viruses and parasites that can lead to food poisoning or illness.

Extremely poisonous parts of shrimp that should not be eaten

1. **Don't eat shrimp shells.** Many people believe that shrimp shells are rich in calcium, but in fact, they are a form of chitin and eating too many shrimp shells can cause indigestion.
2. **Be careful when using shrimp heads** . Many people often use shrimp heads to make soup to sweeten the water, but remember that this is the part of shrimp that is most likely to contain the heavy metal arsenic.

This can be the cause of poisoning and dangerous chronic diseases such as kidney failure.

3. **The black line on the shrimp should also be removed** . It is the intestine and contains the shrimp's waste.



Foods that should not be combined with shrimp

Foods rich in vitamin C

Shrimp contains a lot of arsenic pentoxide (As_2O_5). This substance reacts with vitamin C in fruits and vegetables, causing a chemical reaction in the stomach, converting arsenic pentoxide into arsenic trioxide. This is a poison that can cause heart failure, liver and kidney damage, and damage to blood vessels, leading to death from massive bleeding.

Do not eat shrimp with chicken

According to traditional Chinese medicine, cooking shrimp and chicken together can cause itching all over the body.

Do not combine shrimp with pork

According to ancient medical texts, pork and shrimp should not be eaten together because they are incompatible according to the theory of the five elements. Eating pork with shrimp can cause stomachache, indigestion and digestive disorders.

Do not eat shrimp with pumpkin

According to traditional Chinese medicine, pumpkin is cold and sweet in nature, while shrimp is warm, sweet and salty in nature. Combining these two foods can lead to dysentery.



To ensure safe consumption of shrimp, it should be boiled, steamed, poached or fried with little oil. Do not cook shrimp with butter, oil or too much salt.

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