

Misconceptions when eating shrimp that many people have

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Shrimp is a very rich food for the body that many people use in their daily meals. But many people do not know that, in some cases, eating shrimp does not bring about the same good results as we think, not even good for health. Here are the misconceptions about shrimps that we have long believed in.

1. Whoever expected the creature to be 10cm long and only known on this table could change the world
2. Difficulty: Does the crab know how to hurt?

Eat shrimp shells full of calcium



Hard shell shrimp should contain the most calcium, because of this concept that many people often try to eat shrimp shells. But the truth is completely different, shrimp shells are not rich in calcium but just chitin, the ingredient that makes up the shells of crustaceans. If they eat shrimp shells, they will excrete.

The main source of calcium in shrimp is concentrated mainly in meat, legs and more.

So, we don't try to force children to eat shrimp shells because they don't have much calcium but can cause them to do it.

1. Turns out we are eating shrimp the wrong way without knowing

Eye shrimp tonic for eyes



Many people believe that shrimp eyes contain many good substances for the eyes but no specific and reliable research has proven that.

In fact, the first part of the shrimp has very little nutrients. In addition, if you eat a shrimp, it means that we will eat the shrimp waste bags right above your head. Just think, you find it hard to swallow.

In the case of pinkeye, eating shrimp will make our condition worse.

Women who have just given birth to eat shrimp will have cold stomach



Many people believe that after giving birth, if women eat shrimps, they will have cold stomach, abdominal pain, and caesarean section will eat keloids.

In fact, the keloids after surgery are due to the location of each person but no research has shown that eating shrimp affects scars.

According to experts, shrimp is rich in protein, helping pregnant women recover quickly. In addition, shrimp are rich in calcium so when the mother eats shrimp, the baby will be provided calcium through breast milk.

But eating a lot of shrimp can cause difficulty digesting, so pregnant women should only eat with moderate amounts.

People with coughing can still eat shrimp if the shell is removed



We all know, coughing and eating shrimp will make the disease worse, but many people think that just peeling off the shrimp shell will not be affected. This is completely wrong because the respiratory system of people who are coughing is very easy to react to the fishy taste, which will make the cough persist longer.

When coughing is best, we should abstain from shrimp until it is completely healed.

It is possible to cook shrimp soup with any kind of vegetables and tubers



Shrimp contains a lot of 5 valence arsenic substances, this substance is not toxic to the body but if combined with vitamin C, 5 valence arsenic turns into 3 valence arsenic (ie arsenic) which is a very toxic substance that can cause death. people.

Therefore, nutrition experts recommend not to cook with shrimp and vegetables rich in vitamin C such as bitter melon, pickled vegetables . or eat fruits rich in vitamin C such as oranges, lemons, tomatoes and grapes. . right after eating shrimp.

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