

Turns out we are eating shrimp the wrong way without knowing

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1. The world's most spicy chilli can kill people
2. Whoever expected the creature to be 10cm long and only known on this table could change the world



In high-protein shrimp meat, it is rich in calcium, phosphorus, fatty acid and many other minerals. According to nutrition experts from the American Heart Institute (AHA), substances in shrimps can help reduce the risk of cardiovascular disease, stroke, some cancers and strengthen the bones and joints.

Because of such nutritious, shrimp often present daily diets of many families. Especially many parents often force their children to eat raw shell shrimp because they believe that shrimp shells contain the most calcium, which helps the development of children.

But in fact shrimp shells do not contain calcium, or extremely little.

Contrary to popular belief, shrimp shells are hard but almost do not contain calcium. The main component of shrimp shells is kitin (chitin) - a form of polymer that forms the shell for most crustaceans.



Shrimp meat and shrimp legs are the most concentrated place for calcium.

The source of calcium from shrimp comes mainly from shrimp, shrimp and shrimp (for large shrimp species like lobster).

In fact, the shells of some shrimp species are even relatively difficult to digest, so if eaten, they will be excreted.

Therefore, it is not necessary for parents to force children to eat shellfish, even if it is easy to cause aversion, anorexia, increase the risk of shrimp shells.

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