

### **1.) For Better Immune System**

Nutrients such as protein, selenium, and omega3 acids are necessary to consume regarding better immunity. You can boost your immune system by consuming crabs as it is a powerhouse of the nutrients. When your immune system is strong, it will less likely be susceptible to infectious bacteria, free radicals, and cancerous cells. It will then ward off these health-damaging factors effectively. Therefore, try consuming an adequate quantity of crab into your diet and reap all the nourishing properties.

### **2.) It Helps in Healing Wounds**

In most cases, wounds or minor injuries take time to heal. That is where crab comes into the picture. Nutritionists suggest that you can incorporate crab into your diet during an injury to speed up the recovery process. This is possible due to the high content of protein, zinc, and vitamin B12 found in the seafood. When consumed regularly, the nutrients will function to heal wounds alleviating pain and producing erythrocytes that prevent risks of infection.

### **3.) For Cardiovascular Health**

Heart patients have limited food options due to levels of cholesterol and calories in them. However, the case is completely distinctive with crabs. Nutritionists have allowed the 1-2 serving of it once in a while to obtain selenium and copper. The nutrients are said to reduce bad cholesterol levels in your blood that aids in stroke and heart attack. You can also prevent your heart from oxidative damage caused by free radicals as well. Therefore, consuming moderate servings of crab along with physical activity will not hurt your cardiovascular health.

### **4.) For Psychological Health**

You can rarely find seafood options that contain psychological health-boosting properties. Being enriched with omega3 acid, protein, and zinc, crabs meat have potential to improve cognition and concentration. Studies have shown that the certain nutrients can delay age-related psychological diseases such as Alzheimer's and dementia.

### **5.) For Eyesight Improvement**

To improve your weak eyesight, you can consume foods loaded with vitamin A as much as you can. Crab can be a delicious source to improve your eye health. It is a powerhouse of vitamin A that cannot only improve weak eyesight but ward off factors that contribute to it. Also, adequate levels of the vitamin in your body can help prevent risks of cataracts and macular degeneration later in life.

### **6.) For Expectant Mothers**

Expectant mothers can incorporate 2-3 servings of crab meat into their diet due to the high content of omega3 acids found in it. The nutrient is necessary to consume as it helps develop cell membrane of the brain of the fetus. Apart from this, the mineral and vitamins also play an important role to improve the health of expectant women during pregnancy. However, it is always advised to consult with your primary care physician in this regard to avoid adverse effects.

### **7.) A source of Selenium**

Selenium is an essential mineral for your overall health. You can find plenty of selenium in crab's meat. Although the portion is small, loaded with various beneficial nutrients like selenium. It functions to prevent cells and tissues from potential damages often cause by free radicals. Selenium found in crabs is a natural source to protect your defense system. It allows proper functioning of thyroid hormone and synthesis in the process of reproduction. Moreover, 100 g of crab meat can provide 112% selenium requirement to men and 140% of women. Also, a single serving of crab meat contains three times more selenium than beef.

### **8.) It Contains Riboflavin**

The nutrient such as riboflavin is water soluble and does not store in your body. Nutritionists prefer obtaining it from a natural source such as crab meat. Riboflavin is vitamin B2 that your body needs to produce steroids, red blood cells and to maintain eyes, skin, and your nervous system. It helps absorb iron in your digestive tract and support antioxidants activity. Therefore, incorporate crab into your diet and let riboflavin do the job for you.

### **9.) Good For Skin Cells**

When consumed regularly, the nutrients found in the crab begins rejuvenating damaged cells and tissues. Zinc and vitamin B12 can perform the function effectively as they go deep into your pores without hurting your sensitive skin. You will notice a difference on your skin within a short time as the process will help achieve radiant and clear skin. Not only for facial skin cells, but the components of the crab can treat deficiencies in your body restoring cells in body organs that got damaged due to the adverse effects of free radicals.

### **10.) Ideal for Weight Loss**

Overweight, obese, or even if you are on a fitness journey, there are fewer food options left for you due to fat content, cholesterol, calories, bad carbohydrates, etc. Crabs can solve your problem without hurting your calorie intake. You will be delighted to learn 100 grams of crab meat contains mere 0.2% fat that is unbelievably low. This is why you can consume 2-3 servings of crab in a week to reap plenty of nutrients it offers.

### **11). Helps in Boosting Energy**

When it comes to boosting energy levels, you may think about energy beverages produce for this sole purpose. Nutritionists have suggested avoiding consumption of processed and sugar-filled drink to stay energetic throughout the day. You can opt for a better and healthy option in this regard such as incorporating crab into your diet. It will provide a high dose of natural protein that speeds up your metabolism effectively.