

# Lobster

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Spiny lobster (*Panulirus argus*) is a crustacean related to crabs, shrimp, crayfish and the Spanish lobster. Spiny lobster has numerous spines on the body, two large hooked horns over the eyes, a pair of long, jointed antennae and five pairs of walking legs but no claws. The shell on the body and tail has mottled coloring of yellow, brown, orange and blue markings but it turns a bright red-orange when the lobster is cooked. Florida spiny lobster is commercially harvested off the southern tip of Florida and the Florida Keys. It is caught live using special traps set at depths of 6 to 300 feet. Its diet consists of clams, snails, seaweed and small marine organisms.

**Glazing Florida Lobster:** Frozen lobster is "glazed" with a thin coat of ice and packaged in plastic to protect the meat from dehydration and freezer burn. The net weight listed on the packaging must be the "unglazed" weight of the product. For weighing purposes, the product should be rinsed only long enough to remove the glaze. If the glaze is excessive and you are charged lobster price for excess ice, it is mislabeled.

**Nutritional Value Per Serving:** For approximately 4 ounces (114 grams) of raw, edible portions: Calories 113, Calories From Fat 15, Total Fat 2g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 80mg, Total Carbohydrates 3g, Protein 23g, Omega 3 Fatty Acid 0.45g

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.