

# Wild Shrimp

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Shrimp are the most popular seafood in the United States and are a naturally renewable resource. They are an excellent source of high-quality protein and are naturally low in fat, carbohydrates, calories and are a source of omega-3 fatty acid. Wild shrimp are available fresh or frozen year-round. Five types of wild shrimp are commercially harvested in Florida.

Pink shrimp make up the majority of Florida's wild-caught shrimp. The meat is white with pink tones and has a firm, tender texture and a mild, sweet flavor. White shrimp have a sweet taste and firm meat. Shells are gray with a blue tint when raw but "pink up" when cooked. Brown shrimp have a stronger ocean flavor due to higher iodine content. Shells are reddish-brown and turn pink when cooked. Royal red shrimp have a deep red color, a soft, delicate texture and a unique briny ocean flavor. Rock shrimp is named for its tough, rock-hard shell. The cooked meat is white with red skin tones and has a sweet shrimp taste with a firm lobster-like texture.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portions: Calories 120, Calories From Fat 15, Total Fat 1.5g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 155mg, Sodium 170mg, Total Carbohydrates 0g, Protein 23g, Omega 3 Fatty Acid 0.23g.

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

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

**FreshFromFlorida.com/Seafood**