

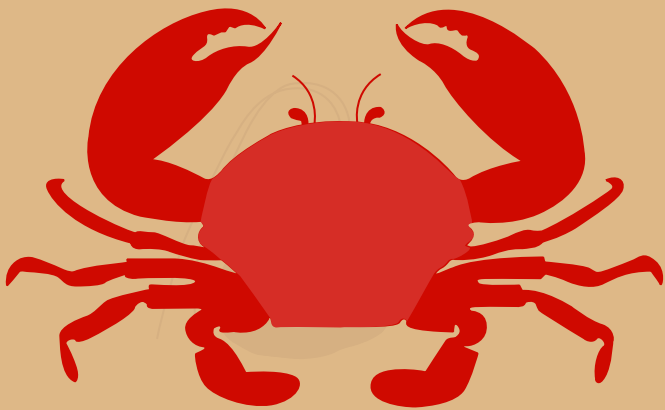
# HEALTH FACTS

## Sea Food

40%

Daily Protein

Seafood is amazingly popular around the world. In some countries, seafood isn't just the main meat that most people eat but is essential to the survival of millions of people. For most people, it's suggested to eat seafood twice a week. Scientists and healthcare professionals have all concluded that the overall benefits of this level of seafood consumption outweigh potential food safety risks. What's more, seafood is the main source of high-quality protein. Over 1 billion people of the world rely on sea food for their main protein supply.



Crab (8 oz):

44

Protein (g)

3.5

Fat (g)

220

Calories (g)