



# SEA HARVEST SEAFOOD LTD.

1-902-209-5077 [WWW.SEAHARVESTSEAFOODS.COM](http://WWW.SEAHARVESTSEAFOODS.COM)



## ABOUT CANADIAN LOBSTER

HOMARUS AMERICANUS

Harvesting lobster along the rugged Atlantic Coast is steeped in tradition. Prized for its hard shelled and full meat qualities, Atlantic Canada's lobster is harvested from the cold, clean, pristine waters along the coast of the provinces, by thousands of independent harvesters, and shipped all over the world.

### ATLANTIC CANADIAN LOBSTER. PURE.

Atlantic Canada's lobster fishery is carefully managed to bring the highest quality lobster to market. Atlantic Canada's lobster is graded and shipped live around the world. The rest is processed into high quality fresh and frozen products, also sold internationally. Atlantic Canada's lobster processing facilities are registered to meet international quality assurance standards, ensuring you receive a healthy, safe, and high-quality product. The short time between harvesting and processing ensures that the lobster tastes as fresh as the day it was caught.

### WILD AND SUSTAINABLE

Both inshore and offshore lobster fishing areas in Atlantic Canada are Marine Stewardship Council certified (MSC), the world's leading certification and eco-labelling programs for wild sustainable seafood.

### PRODUCT TYPES

Lobster comes packaged in a wide selection of products and sizes, frozen and processed for consistent quality, including:

- Live lobster
- Raw lobster tails, frozen
- Whole cooked in brine, frozen
- Whole cooked, frozen
- Blanched whole, frozen
- Meat, frozen
- High pressure processing
- Other specialty products

### NUTRITION FACTS

SERVING SIZE IS 150G

CALORIES 135

TOTAL FAT 1G

SATURATED FAT 0G

TRANS FAT 0G

CHOLESTEROL 142MG

SODIUM 444MG 15%

TOTAL CARBOHYDRATE 1G

DIETARY FIBER 0G

SUGARS 0G

PROTEIN 28G

REGION OF ORIGIN



SEA HARVEST SEAFOOD LTD. Halifax, Nova Scotia, Canada

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