



ACCESSIBLE, SUSTAINABLE
SEAFOOD OPTIONS

WHAT TO LOOK FOR WHEN SELECTING:

Shrimp



Why Shrimp is a Healthy Choice

Shrimp can make a healthy and satisfying addition to a meal because they are low in calories, carbohydrates and fat, and are available for purchase in most groceries year-round. Shrimp are high in phosphorus as well which is known to be beneficial for bone health and energy storage. They're also a good source of iodine, which is helpful to brain and thyroid functions. Shrimp contain an antioxidant that limits inflammation. And, like most seafood, shrimp is a smart way to get Vitamin B12 into a healthy diet. With irrefutable health benefits, shrimp can be enjoyed regularly.

How to Select Sustainable Shrimp Options

Sustainable shrimp is hard to find. Below are recommendations to look for when choosing shrimp. When choosing shrimp, check the package and label for three or more stars from Best Aquaculture Practice Certification if the shrimp is farmed, or the Marine Stewardship Council's blue fish label if the shrimp is wild caught. We also recommend exploring alternatives like mussels, clams and oysters that can be farmed in much more sustainable ways.

- Avoid farm-raised shrimp with fewer than two-stars from Best Aquaculture Practices, the most trusted rating system for sustainably farmed seafood. If a brand has less than two stars, it may have been raised in a way that depletes natural resources or harms the environment.
- Shrimp that is farmed in the U.S. is rated sustainable.
- Avoid wild-caught shrimp without the Marine Stewardship Council's blue fish label. MSC's label lets you know the shrimp you're buying was caught in a well-managed fishery that contributes to healthier oceans.



Why Choosing Sustainably Harvested Shrimp is Important

Shrimp is popular, and increasingly in demand by consumers because of its health benefits, versatility and flavor. However, increasing demand for shrimp can take a toll on the health of the ocean. That is why we recommend selecting shrimp only from farms and fisheries with proven methods and certifications that reduce negative impacts on the environment.

