

Florida Seafood

For The Savvy Generation



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Florida Department of Agriculture and Consumer Services
Charles H. Bronson, Commissioner

Feeling your best is key to enjoying life to the fullest. Your nutritional needs can vary with each stage in life, and fulfilling those needs contributes greatly to achieving your optimal quality of life. Making seafood a frequent part of your diet is an excellent way to accomplish this because it is a good source of high quality protein and omega-3 fatty acid. And, compared to other meats, seafood is low in calories and cholesterol.

How Can Seafood Benefit My Health?

Protein is necessary to develop and maintain muscle mass, including your heart. The Food and Nutrition Board of the Institute of Medicine recommends that women 51 years of age and older consume 46 grams of protein per day. Men of the same age should consume 56 grams daily. Almost all of the top commercially harvested Florida seafood can provide half or more of this recommendation. (See Table 1 “Key Seafood Nutrients” on page four.)

Omega-3 fatty acid has been found to prevent cardiovascular events, high blood pressure, and the occurrence of dementia. It also contributes to increasing a person’s sense of well-being and happiness. The American Heart Association recommends at least 1 gram daily of omega-3 fatty acid for people who already have heart disease and .25 to .5 grams daily for those who do not. Much of the top commercially harvested Florida seafood contains the omega-3 fatty acid levels recommended for prevention.

Cholesterol in large amounts can contribute to arteriosclerosis and other cardiovascular problems. The omega-3 fatty acid in seafood actually has been documented as having a cholesterol-lowering effect

by reducing triglycerides. Most of Florida's commercially harvested seafood contain low levels of cholesterol compared to other protein sources.

Calorie intake is crucial to weight control at all stages of life. The good news is that the true flavor of seafood is at its best when prepared simply and without the addition of calorie-heavy ingredients. Florida seafood is naturally low in calories.



Enjoy every day to the fullest with Florida seafood. Your choices are almost limitless so you'll never get bored with the same old routine. The following table shows the protein, omega-3 fatty acid, cholesterol and calorie content of the top commercially harvested Florida seafood to help you make informed decisions.

Table 1 - Key Seafood Nutrients

Florida Seafood (4 ounces, raw)	Omega-3 Fatty Acid (g)		Calories	
	Protein (g)	Cholesterol (mg)		
Amberjack	24	0.26	50	120
Clams	10	0.15	45	50
Crab, Blue	19	0.32	80	90
Crab, Golden	16	0	50	80
Flounder	23	0.21	70	100
Grouper	23	0.26	55	110
Lobster, Spiny	18	0.38	120	90
Mackerel, King	23	0.30	55	120
Mackerel, Spanish	23	1.10	85	150
Mahi-Mahi	22	0.11	80	100
Mullet	21	0.35	55	130
Oysters	9	0.61	55	80
Shark	22	0.87	40	100
Shrimp	23	0.49	155	120
Shrimp, Rock	21	0	140	110
Snapper	23	0.32	45	110
Swordfish	23	0.83	55	130
Tilefish	22	0.43	55	110
Tuna, Yellowfin	26	0.23	50	130



Okay, So Seafood Is Good For My Health, Now What?

Purchasing and preparing seafood is simple and easy. However, some people can find it just a little intimidating. A recent study of people 55 and older indicated that while the majority of the respondents really liked all kinds of seafood, many did not prepare it at home. This is because they did not know how to buy it. Or if they did buy it, they didn't know what to do with it when they got it home. Table 2 “How Much Seafood to Buy” will help you take the first step.

Table 2 – How Much Seafood To Buy

Seafood Type	Amount Per Serving
Fish (raw)	
Whole or drawn	3/4 to 1 pound
Dressed or cleaned	1/2 pound
Fillets or steaks	1/4 to 1/2 pound
Shellfish (raw)	
Shrimp	
Head-on	1/2 pound
Head-off unpeeled	1/3 pound
Peeled deveined	1/4 pound
Oysters	
In shell	6 whole
Shucked	1/3 to 1/2 pint
Blue Crab	
In shell	3 to 4 whole
Picked meat	1/4 pound
Stone Crab Claws	3 claws
Spiny Lobster	
In shell	1 pound
Clams	
In shell	6 whole
Shucked	1/2 pint

Now that you know how much you need to buy, just follow these simple tips:

Seafood Safe Handling

- Purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot soapy water.
- Always marinate seafood in the refrigerator. Discard used marinade as it contains raw juices which may harbor bacteria. When marinade is needed for basting, reserve a portion before adding raw seafood.

Buying And Storing Fish and Shellfish

- Meat should be firm with a fresh sea breeze aroma and no discoloration.
- Store fresh fish in the coldest part of refrigerator at 32° F for up to two days.
- To freeze, wrap fish tightly to prevent freezer burn; date the package and store at 0° F for up to two months. Thaw in the refrigerator or under cold running water.

Buying and Storing Live Clams and Oysters

- Clams and oysters should have a mild sea breeze odor and shells should be free of cracks.
- Do not place live clams and oysters directly on ice or immerse in water to store. Avoid sudden temperature changes.
- Refrigerate at a constant 41°F in a container with the lid slightly open for up to 7 days. Drain excess liquid daily.
- Live clams and oysters should close tightly when shell is tapped. Discard any that do not close.

- Keep shucked clams and oysters refrigerated up to 5 days.

Cooking Tips

- Cook fish at 400° F for 10 minutes per inch of thickness of the fillet or steak.
- Cook until meat is opaque and flakes easily with a fork. Cook thoroughly but do not overcook.
- To grill, use a grill basket to prevent the meat from falling through the grill.

How Can I Get Some Florida Seafood Recipes?

The Florida Department of Agriculture and Consumer Services, Bureau of Seafood and Aquaculture Marketing, has created colorful recipe brochures for many varieties of commercially harvested Florida seafood and aquaculture. (See list below.) You can request these brochures by writing to:

**Bureau of Seafood and Aquaculture Marketing,
2051 East Dirac Drive, Tallahassee, FL 32310-3760.**

These recipes can also be accessed and downloaded from the www.FL-Seafood.com website :

Alligator Meat	Pompano
Blue Crab	Shark
Clams	Shrimp
Golden Crab	Snapper
Grouper	Spanish Mackerel
King Mackerel	Spiny Lobster
Mahi-Mahi	Stone Crab
Mullet	Tilefish
Oysters	Yellowfin Tuna
Florida Seafood Buying Guide	Florida Seafood Healthy Facts

In the meantime, here are a few simple, easy and nutritious Florida seafood recipes for two to get you started:

Pan-Grilled Snapper With Avocado-Strawberry Salsa



- 1** Florida jalapeño pepper, finely chopped
- 1/2** ripe Florida avocado, diced
- 1** cups Florida strawberries, finely chopped
- 1/4** cup Florida red onion, finely chopped
- 2** tablespoons Florida cilantro, finely chopped
- 1** teaspoon fresh Florida lime juice
- 1/4** teaspoon sugar
- sea salt to taste
- 2** 6-ounce Florida snapper fillets
- 1** tablespoon olive oil
- 1 1/2** tablespoons fresh Florida lime zest

Stir jalapeño, avocado, strawberries, onion, cilantro, lime juice, sugar and sea salt together in a bowl. Cover and set aside. Salsa may be made several hours ahead and chilled. When making ahead, add the sugar, salt and avocado when ready to serve. Preheat stovetop grill pan over high heat. Pat fillets dry then brush both sides with the oil; sprinkle with

the lime zest. Lay fillets on grill pan skin side down and cook 4-5 minutes on each side, turning once, until cooked through. Transfer fillets to serving plates and top with avocado-strawberry salsa.



If preferred, Florida grouper, pompano or tilefish may be substituted for the snapper. **Yield:** 2 servings.

Nutritional Value Per Serving:

Calories	440	Cholesterol	63mg
Calories From Fat	117	Total Carbohydrates	40g
Total Fat.....	13g	Protein.....	37g
Saturated Fat	2g	Omega-3	
Trans Fatty Acid.....	0g	Fatty Acid.....	0.06g

Grilled Ginger Mahi-Mahi

- 2 6- to 8-ounce Florida mahi-mahi fillets
- 3 tablespoons unsalted butter
- 6 shallots, minced
- 4 slices fresh ginger, unpeeled, minced
- 1 clove Florida garlic, minced
- black pepper to taste

Preheat grill or broiler. Arrange fillets in grilling basket or on broiler pan coated with nonstick cooking spray; set aside. In a small skillet, melt butter over medium heat and add minced shallots, ginger and garlic. Cook 8 to 10 minutes until golden. Remove skillet from heat. Reserve 1/2 of the ginger-shallot-garlic mixture; set aside. Brush fillets with remaining ginger garlic mixture. Grill or broil fillets 4 to 5 inches from heat for 6 minutes or until cooked through, turning once. Transfer fillets to plates and drizzle with reserved shallot-ginger garlic butter. If preferred, Florida pompano or grouper may be substituted for mahi-mahi. **Yield:** 2 servings.



Nutritional Value Per Serving:

Calories	281	Cholesterol	172mg
Calories From Fat	87	Total Carbohydrates	8g
Total Fat.....	10g	Protein.....	39g
Saturated Fat	6g	Omega-3	
Trans Fatty Acid.....	0g	Fatty Acid.....	0.23g

Florida Shrimp Boil



- 4** cups water
shrimp boil seasoning to taste*
Florida lemon wedges
- 1/2** pound medium Florida shrimp, shell-on

In a large pan, bring water and seasonings to a boil. Add shrimp to water, cover and reduce heat; simmer for 3 to 4 minutes, stirring occasionally, until the largest shrimp is opaque and cooked through. Cooking time will vary according to size of the shrimp. Drain and rinse immediately under cold water to halt the cooking process. Serve with lemon wedges. **Yield:** 2 servings.

*Several commercial “shrimp boil” seasonings are available or season to personal taste with one or more of the following: salt, lemon slices, beer, pickling spices, whole peppercorns or bay leaves.

Nutritional Value Per Serving:

Calories	120	Cholesterol	155mg
Calories From Fat	15	Total Carbohydrates	0g
Total Fat.....	1.5g	Protein.....	23g
Saturated Fat	0g	Omega-3	
Trans Fatty Acid.....	0g	Fatty Acid.....	0.49g

Mislabeling 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, Division of Food Safety, at 850-245-5520. If purchased at a restaurant, please contact the Florida Department of Business and Professional Regulation at 850-487-1395.



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