

For more information
Contact Susan Storey
(251) 975-1947
storeycom@gulftel.com

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Ask for Alabama Wild Shrimp

Facts about America's favorite seafood

(Mobile, Alabama) – When you're buying shrimp, be sure to ask for Alabama Wild Shrimp for the freshest, sweetest shrimp. Not only are Alabama Wild Shrimp tastier, they're good for you too. Shrimp are low in saturated fat, and rich in vitamins A, B1, B3, B12, and D. Each three-ounce serving of Alabama Wild Shrimp contains 500 mg of Omega 3 fatty acids, proven to help reduce the risk of heart disease. Alabama Wild Shrimp has only 84 calories, less than one gram of fat and less than one gram of carbohydrates. It's a great low-fat, high-protein choice. Because Alabama Wild Shrimp are caught in our coastal waters, they do not contain all the harmful chemicals that are found in many imported shrimp, so you get shrimp with fresher, healthier and better flavor.

There are four kinds of wild shrimp you're likely to find from the Gulf of Mexico: White Shrimp, Pink Shrimp, Brown Shrimp, and Royal Reds.



White shrimp is the first commercially important shrimp in the U.S. and accounts for about 35% of the domestic catch.



Pinks are larger than white shrimp – reaching a maximum length of 11 inches, and are sweet and tender.



Brown shrimp come primarily from the salt marsh and sea grass areas during the Summer months and represent 55% of the domestic catch.



Royal reds come from the deepest, coldest waters, up to 2,400 feet deep. They tend to be large and are frozen on board the ships that stay out at sea a long time. Royal reds are a brilliant crimson red, or pink and some think they taste like lobster. A mature Royal red shrimp is about three years old.

Most shrimp spawn offshore in deep water from early spring through early fall. One female shrimp releases one hundred thousand to one million eggs that hatch within 24 hours. Once caught, shrimp are sized and sold by number of shrimp per pound—either whole or headless, peeled or peeled and deveined.

Americans eat more than a billion pounds of shrimp each year, making it the top-selling seafood in the United States, according to the National Fisheries Institute. Consumption has been rising an average of 33 million pounds a year, every year, since 1980. Easy to prepare shrimp can be sautéed, grilled, boiled, fried or steamed and used in a variety of dishes including gumbo, jambalaya, casseroles and salads.

For more Wild Alabama Wild Shrimp recipes, visit www.eatalabamawildshrimp.com

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Eat Alabama Wild Shrimp (EAWS) devotes its resources to raising the public awareness about the many benefits of Alabama Wild Shrimp. It is intended to educate the consumer about the advantages of asking for Alabama Wild Shrimp that is raised naturally, caught fresh, and that supports the Alabama seafood industry. Its goal is to market Alabama Wild Shrimp through grocery stores, markets and restaurants. More information about Alabama Wild Shrimp is available at www.eatalabamawildshrimp.com.