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### **Gulf shrimp all about nutrients**

What makes wild-caught shrimp taste so good? It's all about the nutrient-rich waters of the Gulf of Mexico. There's just really nothing like it. The pristine waters of the Gulf are embedded with a unique flavor profile that is absorbed into shrimp to provide an unmistakable, robust taste.

Consider the Gulf like an enormous salinity pool of natural seasoning — 615,000 square miles teeming with succulent shrimp that are clean and sweet all because they are harvested from a natural environment free from harsh chemicals. Also, wild shrimp feast on a wild diet, which only enhances the taste and provides a high quality product that is truly matchless in flavor.

It's well known that shrimp ranks No. 1 as the most popular seafood in the world, and for good reason. Not only are Gulf shrimp laced with palatable flavor as a result of their natural habitat, the nutritional value and health benefits of these tasty crustaceans are impressive. In fact, they are pretty much a dieter's dream food — amazing taste packed with the perfect nutrient-rich combination for one's well being.

Shrimp are low in fat, low in calories, have zero carbohydrates and zero sugar, and are significantly high in protein. According to the popular "My Fitness Pal" app, 3 ounces of boiled or steamed shrimp contain 84 calories, offer 17.8 grams of protein, and only have 0.9 grams of fat. Research has shown the "good fats" (omega-3 fats) in shrimp reduce cholesterol impact.

In addition, the antioxidant support is great for the body, thanks to two unique properties: astaxanthin, which is the color pigment in shrimp responsible for their red and orange hues, and the mineral selenium. Other nutritional elements in shrimp include Vitamin D, B12, B3, iron, copper and zinc.

Of course, once chefs get their hands on the backyard blessing, seafood is taken to another level and transformed into an array of delicious dishes. Whether they are paired with a touch of this, a dash of that, or a toss in a savory sauce, wild-caught shrimp are in a culinary league of their own.

So, eat up and enjoy! There really is nothing like the hearty flavor and healthy composition of Gulf shrimp.

**This story is part of the Gulf Coast Seafood Fall Shrimp Celebration**, a campaign by the Mississippi Hospitality & Restaurant Association and its partners Gulf Seafood Trace and the Gulf Seafood Marketing Coalition to promote area restaurants serving traceable Gulf shrimp. Visit [gulfskrimptales.com](http://gulfskrimptales.com) to learn more about Gulf shrimp and the celebration.