



BACKGROUND
Health Benefits of Shrimp

CONTACT: Mary Eva Tredway
The Butin Group
404/317-0731

SHRIMP RANKS AMONG “WORLD’S HEALTHIEST FOODS”

ACCORDING TO INDUSTRY EXPERTS

St. Simons Island, Ga., Oct. 2007 – Shrimp may be small in size, but they’re huge in taste and health appeal! This favored crustacean ranks as the #1 selling seafood in America today, and for good reason. Shrimp are high in protein, low in carbohydrates, and are an abundant source of heart-healthy omega-3 fatty acids.

According to the George Mateljan Foundation, a non-profit organization that promotes vibrant health utilizing unbiased scientific information, shrimp rank among the world’s healthiest nutrient-rich foods.

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Shrimp is Good Food:

Research by nutritional experts indicates that making healthy diet choices can be as simple as including fish and seafood more often on the menu.

A single serving of shrimp (four ounces) serves up a whopping 23.7 grams of protein, which is 47.4% of the daily recommended allowance (RDA). In addition, a single serving provides nearly 40% the RDA of vitamin D and nearly 30% the RDA of vitamin B12. Shrimp is also very high in tryptophan, an essential amino acid, and selenium, which induces the repair process in damaged cells and inhibits the proliferation of cancer cells.

Studies show that shrimp and other seafoods that are rich in omega-3 fatty acids can improve cardiovascular health and lower the incidence of heart disease and stroke. Although the research is ongoing, the American Heart Association recommends that people include these protective oils in their diets by eating at least two servings of seafood per week.

The scientific research also indicates that omega-3 fatty acids diminish the risk of sudden death, reduce inflammation in the body, strengthen bones, lower the risk of dementia (including Alzheimer's disease), stimulate healthy brain function, serve as antidepressants, and reduce the incidences of premature delivery. Four ounces of shrimp provide 15% of the daily need for these health-producing omega-3 fats.

Shrimp and Cholesterol: Worry No More!

And, for those shrimp lovers who are concerned about shrimp and its reputation for being high in cholesterol, the news is good! A study at Rockefeller University Hospital, co-sponsored by the Harvard School of Public Health confirmed in 1996 that the cholesterol content of shrimp was *no longer an alarming concern*. The research results revealed that a shrimp diet raises levels of HDL, or "good" cholesterol, and decreases levels of LDL, or "bad" cholesterol. Lowering LDL in the bloodstream significantly reduces susceptibility to heart disease.

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SeaPak Shrimp Company Quality Assurance and Sustainability Support:

SeaPak Shrimp Company is highly regarded within the industry for its adherence to utmost quality standards and its strong commitment to wise resource management and sustainability. The company is a founding and a governing member of the Aquaculture Certification Council (ACC), a non-governmental, non-profit organization that monitors the social, environmental, and food safety activities of aquaculture facilities throughout the world. SeaPak Shrimp Company proudly purchases products from processors that have been certified by ACC, and it provides ongoing support to the efforts of both the ACC and the Marine Stewardship Council (MSC).

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